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metro NEWS

Your essential daily news

San Bernardino grieves as more details revealed after mass shooting. **World**

# Syphilis rates sky-high in B.C.

HEALTH

## Most at risk are men in same-sex relationships

**Thandi Fletcher**
Metro | Vancouver

A significant spike in syphilis cases this year is prompting public health officials to issue a warning to the group at greatest risk: men who have sex with men.

According to recent data provided by the B.C. Centre for Disease Control, 218 people were diagnosed with infectious syphilis across the province between January and October this year — a 40 per cent increase compared to the same period last year.

Dr. Reka Gustafson, medical health officer for Vancouver Coastal Health, said syphilis rates are already at their highest in 33 years, and the numbers are continuing to climb further this year with the vast majority of cases in Metro Vancouver.

"It's very, very concerning," she told Metro. "The rates are very high and that puts even those who don't think of themselves as being at high risk potentially at risk."

According to the BCCDC, more than 85 per cent of syphilis cases diagnosed this year were among gay, bisexual and other men who have sex with men.

**Dr. Reka Gustafson, medical health officer for Vancouver Coastal Health, at a news conference.** JENNIFER GAUTHIER/METRO

The data also reveals that more than 50 per cent of people diagnosed with syphilis between January and October this year are also living with HIV.

That's concerning for health officials as people living with HIV may be at increased risk for more complications from syphilis, said Dr. Troy Grennan, physician lead of the B.C. Centre for Disease Control's Sexually Transmitted Infections/HIV program. Syphilis also increases the risk of HIV transmission, he said.

The BCCDC data also reflected a dramatic spike in gonorrhea rates this year in B.C., with 1,032 new cases diagnosed between January and September. That represents a 75 per cent increase compared to the same period in 2014, with the greatest increase seen among young women aged 15 to 29, according to the BCCDC.

Health officials are still trying to determine why syphilis rates are increasing now, said Grennan, adding that cities across Canada and North America are also struggling to deal with the same issue.

"That's the key question—we don't actually know," said Grennan. "One of the things that may be behind it is an increase in testing. Anytime you see an increase in a particular kind of infection, you always have to ask about increased testing."

> **Individuals need to know that you can have the infection and not know it, and your partner can have the infection and not know it.**
> Dr. Reka Gustafson

Officials in some regions have pointed to the growing use of dating apps like Tinder and Grindr that can facilitate casual sex between partners who aren't aware of each other's sexual histories.

Although the rising numbers of STI cases and the increasing popularity of dating apps happened "in parallel to each other," Gustafson said there's no conclusive evidence to suggest apps directly played a role in syphilis outbreaks.

"Sexual networks are complex," she said. "People make choices about their sexual partners in complex ways and they are absolutely affected by the social phenomena that are occurring at that time."

Health officials might never figure out why STIs rates are rising, said Gustafson, adding that their primary job is to "monitor and respond" and mitigate any harm.

"We are working with our partners at the BCCDC to assess the situation and to work together on a coordinated response," she said.

Syphilis is spread primarily by oral, vaginal or anal sex. Condoms prevent transmission of STIs, but they may not be a reliable prevention method for syphilis if the infectious sore is on an uncovered area.

While an infected person may develop a painless sore or ulcer on genitals when they first become infected, many never develop any symptoms, said Gustafson.

"Individuals need to know that you can have the infection and not know it, and your partner could have the infection and not know it," she said. "The only way to know for sure is to be tested."

Treatment for syphilis involves antibiotics, usually penicillin. If left untreated, the disease can lead to serious complications, including blindness, hearing loss, stroke or death.

Gustafson urged men who have sex with men to get tested every three to six months through blood tests available at doctors' offices, walk-in clinics and other facilities.

She also encouraged anyone about to have sex with a new partner to get tested first.

"The caring thing to do is to go get tested together," she said.

WITH FILES FROM THE CANADIAN PRESS

# Vancouver entrepreneur pushes for greener marijuana cultivation

ENVIRONMENT

## Pot advocate urges growers to cut carbon footprint

Emily Jackson
Metro | Vancouver

**Dan Sutton, managing director at Tantalus Labs, is campaigning for a greener way to grow marijuana. He believes greenhouses are the answer.**
JENNIFER GAUTHIER/METRO

British Columbians often boast about their green lifestyles, whether they're biking to work, eating local produce or spending the weekend outdoors.

But when they light up a joint — and 15 per cent admit they've done so in the past year, according to Statistics Canada — their green lifestyles go up in smoke.

Marijuana has a massive carbon footprint due to the high energy required to light indoor growing operations. B.C. Hydro estimates illegal grow ops steal at least $100 million worth of electricity from its grid annually, and a 2012 peer-reviewed report estimated one per cent of energy use in the U.S. goes to cannabis cultivation.

Vancouver entrepreneur Dan Sutton wants to change that. Sutton, the managing director at under construction marijuana producer Tantalus Labs, is campaigning for greener operations in an industry on the precipice of monumental change should the Liberal government follow through with its promise to legalize the drug.

Instead of growing marijuana under high-powered lights, Sutton's Maple Ridge facility in the Agricultural Land Reserve uses sunlight to grow the plants in a greenhouse.

"This isn't your grandma's greenhouse," Sutton said at his shared Gastown office space on Thursday. It's secured, uses specialized fans and humidity controls, and it will be Western Canada's largest marijuana producer when it officially opens in January (pending a final government inspection), he said.

Sutton joins a movement of greenhouse growers from south of the border and Ontario. He's evangelical about the growing method and the resulting product, which he says grows faster, taller and healthier with more potent smells.

"Sun offers a far higher intensity, broader lighter spectrum… no artificial light can hold a candle to it," he said.

Plus, he claims it's a "substantially" cheaper method than traditional grow ops.

If it's better, cheaper and more environmentally friendly, then why don't more producers grow this way? Sutton blames the stealth required for an industry that has long operated outside the legal framework.

"It forced people to keep it in the shadows," he said, adding producers are now entrenched in what they know as the best way to grow marijuana. As for environment-loving cannabis consumers, he figures they're too preoccupied with the stigma surrounding buying weed to worry about its carbon footprint.

> **If we were to switch all cannabis indoors to greenhouses, we'd save the energy equivalent all the residences in Seattle, Vancouver, San Francisco and Portland.** Dan Sutton

Sutton, who recently gave a TEDx talk on the topic, advocates for government tax incentives to build more environmentally friendly facilities. He encourages other entrepreneurs to build greenhouses to reduce energy and save cash, and calls on consumers to vote with their wallets. People will pay extra for Tesla's electric cars and Whole Foods organic produce, so why not marijuana, he argues.

"If we were to switch all cannabis indoors to greenhouses, we'd save the energy equivalent all the residences in Seattle, Vancouver, San Francisco and Portland," he said. "It's not a drop in the bucket."

People can support his campaign for sun grown marijuana at teamsungrown.com.

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URBAN PLANNING

# Foreign ownership of condos on the rise: Housing study

Foreign ownership of Vancouver condos is increasing, according to a new report by Canada's federal housing agency, but the levels are nowhere near as high as recent reports from realtors and urban planners.

The number of condos owned by someone whose primary residence is outside Canada increased to 3.5 per cent in 2015 from 2.3 per cent in 2014, according to a Canada Mortgage and Housing Corporation survey released Thursday.

While report states the rise is statistically significant, it still represents a tiny fraction compared to a 2013 Sotheby's report and urban planner Andy Yan's 2015 study that pegged foreign ownership of luxury homes at up to 40 per cent and 65 per cent respectively.

But the methodology in all three studies is far from perfect.

The CMHC study defines a foreign owner as a person whose primary residence is outside Canada, whereas Sotheby's used realtor anecdotes and Yan looked at non-Anglicized Chinese names.

CMHC's numbers could reflect Canadians who primarily live in the States, but they do not account for purchases using foreign capital. EMILY JACKSON/METRO

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Nate Kelly practises his material. He says a great deal of effort and hours of work go into a comedian's material and performance. PHOTOS BY JENNIFER GAUTHIER/METRO

# Comics 'not in it for the money'

ENTERTAINMENT

## Performers talk about the challenges of the industry

Cam Tucker
Metro | Vancouver

The spotlight shines on a lone individual, microphone in hand as he or she paces the stage. The television cameras pan the audience, catching seemingly unaware members as they howl with laugher at the onslaught of punch lines, humorous observations or maybe even some sordid tales of debauchery.

From the viewpoint of the couch, it can appear almost glamourous on television — a stand-up comedian holding his audience captive through laughter, arousing their applause with classic lines that accentuate the witticism.

And they make it look easy —the delivery, the tone, recalling the jokes seemingly without the slightest bit of hesitation or blip in memory.

For those in the industry, and those still relatively new to it like Vancouver's Nate Kelly, the world of stand-up comedy can present a grinding reality — going somewhere at a moment's notice to perform, sometimes in front of potentially sparse crowds, or nearly empty comedy clubs around town, writing for so many hours a week and at spontaneous moments when inspiration is right, then workshopping new material to see what works, what doesn't, what can be expanded on and what can be cut out.

"It's not just plumb luck. It is a great deal of effort and a lot of hours of work," Kelly told Metro.

"But anyone who is in this line of work is probably not in it for the money. You do it because you want to struggle to have this voice and you're willing to deal with what is likely to be a more difficult road."

Perhaps the biggest challenge facing aspiring comedians in this city, according to Alan Marriott, who has had a long and storied career in improv and performing that includes time with Vancouver TheatreSports in the early 1980s and at the London Academy of Music and Dramatic Art, isn't with the number of venues, but actually trying to get crowds to come out for shows.

He maintains comedians need shows in front of an audience in order to gauge their performance — what material works or doesn't work.

"We're a little bit different from other cities in the country and, indeed, I'd say in the world," said Marriott, now a faculty member with the comedy program at School Creative in Vancouver.

"You can only get your friends to come out so many times before they're just not going to bother. Even then, trying to get your friends, pry them off their phone for an hour, get them out, is our biggest challenge."

Marriott pointed to cities like Winnipeg, New York and London, England, that produce larger, more vibrant crowds to check out the array of comedy shows and comedians.

The comedy program at School Creative is unique, said Marriott, accepting between 12 to 14 students for the nine-month program, which includes doing improv, sketches, stand-up comedy and writing.

> **It's putting yourself out there in the truest sense of it. I hope you find me funny. But when it goes well, it feels so good.**
> Nate Kelly

Kelly, 27, first ventured into stand-up comedy about three years ago. He then stepped away from it for a while, despite what he summed up as an overall positive experience in his first show.

"I wrote jokes about being bullied as a kid. That went over pretty well," he said.

When he decided later on to once again pick up his pursuit of comedy — employment as a theatre technician and a "debilitating back" had him "angry, depressed and without direction," he said — he attended School Creative and has since gone on to perform at venues like Yuk Yuk's in Vancouver.

Writing is a vital component. There can be a variety of methods for the writing involved, and it can differ based on the individual.

When it comes to honing the craft, Marriott said the process becomes about "repetition and fine tuning."

The importance of writing is a lesson Kelly and those he took the stand-up comedy program with quickly learned under the tutelage of Marriott and renowned Canadian comedian Damonde Tschritter.

"It really helped us … wrap our head around the idea of how do you start to write a joke. How do you attack it?" said Kelly.

And when it comes time to hit the stage, there is a vulnerability about the performer.

"It's putting yourself out there in the truest sense of it. I hope you find me funny. But when it goes well, it feels so good," said Kelly. "Once you get that first taste, you just keep going back."

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# Emily Carr student stabbed in face

CRIME

## Suspect faces charges after feud turned violent

Thandi Fletcher
Metro | Vancouver

Police say a 24-year-old Vancouver man is in custody, accused of stabbing a student in the face after a feud turned violent in a classroom at Emily Carr University on Wednesday.

The suspect, who fled the school before police arrived, is facing a charge of assault and weapons-related offences. He called 911 to turn himself in Thursday morning, said Vancouver police Sgt. Randy Fincham.

The incident happened around 5:30 p.m. Police were called to the art and design school located in the busy tourist and entertainment hub of Granville Island.

When officers arrived, they found a 26-year-old student inside the school with stab wounds to his face.

The victim was taken to hospital and treated for "minor injuries," although Fincham noted that "no facial injury or stabbing to the face is that minor of an injury."

He said the suspect and victim know each other and the stabbing appears to be the result of an ongoing dispute between the two.

Fincham was unable to comment on the nature of the dispute between the two students or the attacker's alleged motive.

WITH FILES FROM THE CANADIAN PRESS

Vancouver police were called to Emily Carr University of Art + Design on Granville Island on Wednesday night after a student was stabbed in the face. IMGUR: DOGEMERMAIDSURPRISE

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## IN BRIEF

**Vernon pot stores brace for RCMP crackdown**

Medical marijuana dispensaries in Vernon, B.C., are watching with concern as similar operations in Nanaimo face confrontations with RCMP.

The co-owner of MMJ Total Health in Vernon says Mounties in that north Okanagan city have warned his dispensary could be shut down.

Jeff Gaudette says staff worry they could face charges after officers visited five pot shops around Vernon to discuss business practices that may not comply with the Controlled Drugs and Substances Act.

A specific deadline for action has not been set in Vernon, but RCMP on Vancouver Island served three Nanaimo businesses with search warrants Tuesday, arrested 16 people, and one dispensary owner says cash and drugs were seized.

Alex Robb, with Trees Dispensary, says his shop reopened its doors Wednesday night, staffed by the general manager and executive director.

He says Trees wants charges dropped against all 16 people arrested Tuesday and he urged Nanaimo to follow the lead of Victoria and Vancouver in regulating and licensing dispensaries.

THE CANADIAN PRESS

**Charges mount after alleged crime spree**

A 27-year-old man could face numerous charges in two provinces after a series of break-ins in northwestern Alberta and a dangerous attempt to escape from Mounties in northeastern B.C.

RCMP in Dawson Creek say they were helping colleagues in Alberta track a stolen vehicle believed to be connected to break-ins around Grande Prairie, 130 kilometres to the southeast.

The driver had managed to elude capture in Alberta, but a Dawson Creek officer tracked the vehicle to a logging road and spotted the suspect sleeping behind the wheel.

As police tried to arrest the man, he awoke and rammed his vehicle into the cruiser, then rammed several other police vehicles as officers arrived to assist.

The suspect tried to run off but was finally nabbed, and Mounties say they located a number of items taken during the Grande Prairie break-ins.

James Shearer faces a total of eight B.C. charges, including two counts of assault with a weapon, and remains in custody, while Dawson Creek RCMP said he could also face a number of charges in Alberta.

THE CANADIAN PRESS

**Prearranged melee preceded shooting: Police**

RCMP believe a 17-year-old who was shot in the leg near an elementary school in Surrey, B.C., was targeted.

Police say multiple young people from two different groups were involved in a prearranged altercation.

Officers have spoken to a number of witnesses but say the victim and others believed to have been at the scene are being minimally co-operative.

Mounties have said two Caucasian men between the ages of 17 and 22 are believed to have been involved in the shooting Tuesday night.

Cpl. Scotty Schumann says police will be working with the school district and parents of youth thought to be linked to the shooting in an effort to prevent similar problems.

Police say there's no evidence to suggest the shooting was related to recent conflicts between people in the drug trade in Surrey.

THE CANADIAN PRESS

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# Meal program cooks up promise

FUNDING

## City, school board aim to feed most vulnerable

**Tereza Verenca**
For Metro | Vancouver

The City of Vancouver and the Vancouver School Board have finally acted on a yearlong election promise to expand the meal program at local elementary schools, but despite the new funding about 350 of the city's most vulnerable kids will still go unfed.

Prior to the 2014 civic election, Mayor Gregor Robertson vowed to spend $400,000 to double the school board's breakfast program, which costs $200,000 a year and relies exclusively on charitable donations. On Wednesday, it was announced that starting this month, the city will contribute $320,000 annually toward the breakfast program and another $80,000 toward the breakfast program at the Stathcona Community Centre (council still has to vote on this at its Dec. 9 meeting).

But the contribution brings the total of mouths fed to only 1,250 out of a possible 1,600 students, according to Jessica Land, supervisor of enhanced services with VSB.

"We estimate maybe around 350 (children) still needing meals beyond this. We're still in need of donors and support to get the rest of those students," she said.

Coun. Andrea Reimer noted when the city passed the motion for the funding last December, council thought the money would meet the gap.

"We have found that the gap is much bigger. Child poverty rates are rising quickly, we have income inequality, basically flat incomes, particularly amongst families, and very quickly rising housing costs that the province hasn't been able to intervene with social housing, family housing," Reimer explained, adding that provincial funding for the meal program has been stagnant over the years.

"The solution here is neither provincial nor city funding, but a poverty reduction strategy because the goal isn't to feed more kids through public funds, it's to provide families the support that they need so that they can feed children with dignity in however they choose to do it," she said.

Reimer added the meal program, now being offered at an additional 18 schools as a result of the funding announcement, will be reviewed regularly and adjusted monthly based on need. As for determining that need, Land said the school board uses a system from the social services index.

"That allows us to rank schools so we get to the largest clusters of students and we would be working down that list," she said.

Besides hot meals, city dollars are also paying for the freezers and the transportation coolers required for an additional three high schools to prepare the food.

**Gudrip Lehal, left, and Emie Little prepare muffins for the Vancouver School Board's meal program, which has now expanded to feed an additional 258 students in 18 elementary schools.** TEREZA VERENCA/FOR METRO

**COST TO EAT**

On average, it costs $1,200 a year to feed a student lunch. For breakfast, it costs $1,000 a year.

> **The solution here is ... to provide families the support that they need so that they can feed children with dignity in however they choose to do it.**
> Coun. Andrea Reimer

DOWNTOWN EASTSIDE

# Local pharmacy files court petition to keep doors open

A Downtown Eastside pharmacy filed a court petition Thursday, challenging the provincial government's decision to stop PharmaCare payments to the pharmacy after a PharmaCare audit found record problems.

Alex Tam, the owner of the Eastside Pharmacy at 398 East Hastings St., decided to hire a lawyer and file the petition, hoping to get into B.C. Supreme Court next week to obtain an interim injunction to stop the pharmacy's de-enrolment in PharmaCare, set for Dec. 5.

Tam plans to keep the pharmacy open for now, although he won't be reimbursed by PharmaCare after Saturday.

Earlier this week, Tam requested a reprieve after a letter was sent to Health Minister Terry Lake from 18 Downtown Eastside doctors and health professionals who praised Tam as a "caring, responsive individual who puts patient care first."

The letter noted that Tam's team cared for 800 patients, including 250 with HIV, and provided "an invaluable, essential service."

"The closure of Eastside Pharmacy will have immediate, direct negative consequences on many patients' lives," the letter said. "We all have patients whose lives have been saved by Alex Tam. What will happen to them now?"

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EMISSIONS

# City recognized at Paris climate summit

**Neal Hall**
For Metro | Vancouver

The City of Vancouver was among 10 cities recognized Thursday at the climate summit in Paris for its leading "green" policies that reduce emissions and make cities more liveable.

Vancouver was honoured for its Greenest City Action Plan by the C40 Cities Climate Leadership Group at the COP21 climate change summit.

It won in the category of Carbon Measurement and Planning.

"It is an honour for all of our city's residents to see Vancouver recognized with this important award at the COP21 UN Climate Change Summit, as we build upon our work together to confront climate change and make Vancouver the greenest city in the world," Vancouver Mayor Gregor Robertson said.

The mayor is attending the climate summit in Paris, where awards were given to 10 cities deemed on the leading edge of climate change policies, including New York, Boston, Washington D.C., Johannesburg, Cape Town, Rotterdam, Stockholm, Nanjing and Wuhan.

The C40 organization received more than 200 applications from 94 cities worldwide this year.

David Miller, president of World Wildlife Fund Canada, said Vancouver's award was well-deserved because the city set aggressive targets.

"Cities are an important starting point in the fight against climate change," Miller said in a statement.

"From floods to ice storms, this is where climate change is the most obvious to the largest number of people. As these impacts grow, cities must adapt and take concrete actions to reduce greenhouse gas emissions."

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**Pivot is distributing "Know Your Rights" cards** to sex workers in Vancouver. CONTRIBUTED

# Sex workers get legal ed

LAW

## Advocates hand out cards to clarify the current rules

**Neal Hall**
For Metro | Vancouver

Vancouver-based Pivot Legal Society said Thursday that "Know Your Rights" cards will be handed out to sex workers to dispel confusion on criminalizing aspects of their work.

The cards are being distributed Saturday — the eve of the one-year anniversary of the former Conservative government's Protection of Communities and Exploited Persons Act.

Under the new law, Pivot says, many aspects of the sex trade have been criminalized, replicating the impacts of the harmful laws struck down by the Supreme Court of Canada in the landmark Bedford ruling in 2013.

For example, it is now illegal for sex workers to communicate in public about selling their services next to a school, playground or daycare.

It is also illegal to "procure" another person to sell sex or to profit off the sexual services of another person.

Sex workers are prohibited from working together and with third parties, which could help keep them safe, Pivot says, and the law also prohibits working indoors in commercial enterprises, such as massage parlours. Buying sexual services by clients is illegal.

The cards are being distributed to help sex workers stay safe until the laws are changed, Pivot said.

"There remains a great deal of confusion among sex workers in Canada about how, where, and with whom they can safely do their work," Brenda Belak, a lawyer and sex workers' rights campaigner at Pivot, said Thursday.

> **There remains a great deal of confusion among sex workers.**
> Brenda Belak

"We're confident that the new federal government recognizes the urgent need to end the criminalization of the sex trade that endangers sex workers. Until the current laws are repealed, however, sex workers need to know what aspects of their work are considered illegal and make them potential targets of police enforcement."

Alison Clancey, executive director of Supporting Women's Alternatives Network (SWAN), said women working indoors appreciate the safety such spaces provide, but police crackdowns on indoor sex workers across Canada has created a fear of police, making them reluctant to report violence and putting sex workers at risk.

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# The future is now, according to Telus

TECHNOLOGY

## Telecom giant gives people sneak peek at high-tech home

Thandi Fletcher
Metro | Vancouver

The future may be more like The Jetsons than anyone could have imagined— at least if Telus has anything to do with it.

The Vancouver-based telecommunications giant opened the doors to its Future Home in Port Coquitlam on Thursday, giving visitors a sneak peek at some high-tech gadgets the company believes will be built into every new home in years to come following its recent $1-billion fibre optic investment for Metro Vancouver.

"It is a bit like The Jetsons—not everything that you see will actually materialize and become mainstream," said Tony Geheran, president of broadband networks for Telus. "But some of the things certainly will, and it's a really fun way for people to look at new technology and how being connected by the Internet … can have applications in the home."

No, there aren't flying cars in the parking lot— but the 560-square-foot concept home is outfitted with the latest devices, including some still in development.

A smart cooktop tells users the exact nutritional value of their food at the Telus Future Home in Port Coquitlam. CONTRIBUTED/TELUS

At the front door is a facial recognition panel that scans the faces of anyone entering the home, both protecting against intruders and allowing homeowners to get inside without the use of keys.

> **My favourite is the smart cooktop … You put some food over it and it basically reads the barcode and tells you the exact nutritional value.** Tony Geheran

Many other devices are controlled by gestures, allowing the user to check with a single hand movement if there were any missed phone calls or voicemails left that day or mail deliveries.

"My favourite is the smart cooktop," said Geheran. "It's basically a flat cooktop with a smart centre on it. You put some food over it and it basically reads the barcode and tells you the exact nutritional value of the food and gives you five or six recipes you can use to cook with that."

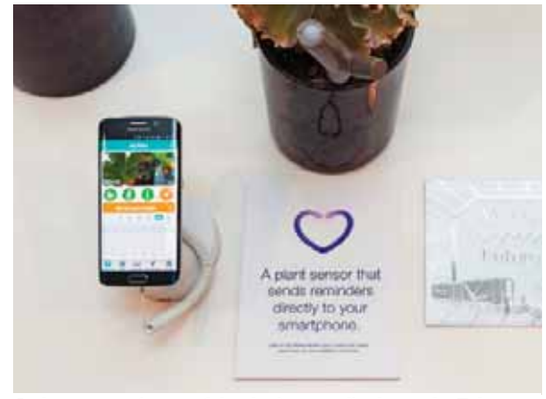
Other gadgets include a home office with an interactive touch table, a 4K ultra high-definition TV, and a fridge that allows users to grow herbs for everyday cooking.

"It's just a fun environment," he said.

"We've showcased the home in every community where we've put the fibre infrastructure in just to show where things might be going."

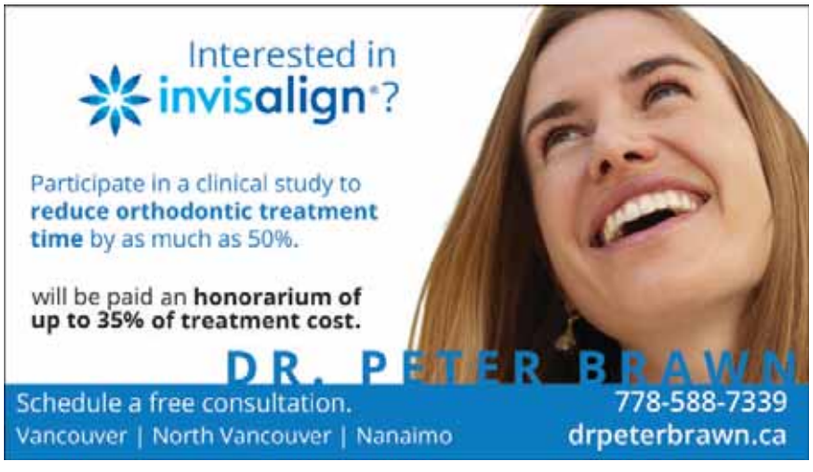
The Future Home is open to visitors Thursday until Sunday, Dec. 13, from 11 a.m. to 7 p.m. daily at the Save-On-Foods parking lot at 2385 Ottawa Street in Port Coquitlam.

Facial recognition technology opens the door to the Telus Future Home in Port Coquitlam. CONTRIBUTED/TELUS




A plant sensor is one of the devices on display at the Telus Future Home in Port Coquitlam. CONTRIBUTED/TELUS

The Telus Future Home includes an urban cultivator for growing herbs and greens in the kitchen. CONTRIBUTED/TELUS




INVESTIGATION

## Young man dies while under protection of welfare agency

A tribal council on central Vancouver Island says a young man who was living under the protection of its child-welfare agency has died.

The Nuu-chah-nulth Tribal Council did not release the name, age or location of the man's death in a news release issued Thursday.

Barb McLintock of the BC Coroners Service said the agency was called to a private residence Wednesday morning in Port Alberni, where an 18-year-old man was found dead.

"This death is being investigated," said McLintock, "but all information is very preliminary at the moment, so we won't be providing any details at this point."

The tribal council has confirmed the man was under the care of Usma Family and Child Services.

The council's website says Usma's mission is to help parents, families and communities protect their children from abuse and neglect.

"Given the positive relationship we had developed with the young man, this event has come as a considerable shock to everyone," the tribal council said in a statement.

"He touched a lot of lives in a positive way and we are grieving his loss."

The tribal council said it is providing support to the man's family and others who knew him. THE CANADIAN PRESS

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# Boosting cred of medical cannabis

**Jonathan Zaid,** founder and executive director of Canadians for Fair Access to Medical Marijuana and medical cannabis patient speaks to the media Thursday. JONATHAN HAYWARD/THE CANADIAN PRESS

NATIONAL ROUNDTABLE

## Stigma in way of science, say researchers

When Jonathan Zaid turned 18, his mom gave him an unusual birthday present — one that would turn out to be life-changing.

Zaid had been diagnosed at 14 with a pain syndrome that caused constant, daily headaches. He tried dozens of prescription medications and even had to drop out of school for two years.

Then his mother bought him a marijuana joint.

"I tried it and it helped a bit," he said. "But I really struggled with sources of access. Physicians were leery to give it to someone that young."

Zaid, now 22, is the founder and executive director of Canadians for Fair Access to Medical Marijuana. His group is among those attending a national roundtable on medical cannabis hosted by The Arthritis Society in Vancouver.

Medical marijuana has been available in Canada for more than a decade, but there's a surprising lack of scientific research to guide doctors and patients, advocates say. The goal of the conference is to set research priorities.

The stigma attached to cannabis is one big reason for the absence of studies, Zaid said.

"I think that goes back to the research, where people just aren't necessarily familiar with medical cannabis and view it through the lens of that stoner-type image."

Arthritis Society chief mission officer Joanne Simons agreed that negative stereotypes have led to a lack of research, which in turn makes doctors wary of prescribing cannabis.

"Somebody who's 67 years old, to have a conversation with their kids about, 'I want to try medical cannabis,' there's stigma associated with that," she said.

"We really need to break that down, to really understand the root causes. People are living in pain. They don't have effective pain management. And this may be one area that could help them."

Jason McDougall, a pain researcher with Dalhousie University, said anecdotal evidence and laboratory studies have shown marijuana helps alleviate the pain and fatigue of arthritis.

> **People just aren't necessarily familiar with medical cannabis and view it through the lens of that stoner-type image.**
> Jonathan Zaid

But a lack of funding has hindered scientists interested in understanding cannabis and its effects on various diseases, he said.

"I think the federal government needs to give more funding to research in general, but in particular it would be nice to see more dollars coming towards cannabis research."

The former Conservative government often said that marijuana was not an approved drug and it did not condone its use. Advocates are hopeful that the new Liberal government push to legalize recreational pot will also change the landscape for medical cannabis, potentially freeing up more funding.

Health Canada, a participant in the conference, was unable to comment before deadline.

Zaid said cannabis isn't a "miracle drug," but it has helped ease his pain and helped him lead a full life, including studying at the University of Waterloo and becoming a patient advocate.

And his mom is proud.

"She's really happy that I'm doing well," he said. "She's happy to see that it's launched me into this and allowed me to really live a good life."

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# Premier on Senate: Fix or fold

POLITICS

## Clark: Upper chamber does not represent B.C. interests

Premier Christy Clark says she's not impressed with federal Liberal plans to overhaul the way in which senators are appointed and would rather focus on creating jobs and building a strong economy.

"Our position has not changed: the Senate should be fixed or folded but we should not be distracted by it," said Clark in a statement Thursday.

Her terse, four-paragraph statement came shortly after Prime Minister Justin Trudeau's government announced that five board members, three from the federal level and two ad-hoc members from the provinces, will select Senate candidates based on public criteria.

There are currently 22 Senate vacancies.

Clark said B.C. will not participate in the new process.

"Today's changes do not address what's been wrong with the Senate since the beginning," said Clark's statement. "It has never been designed to represent British Columbians or our interests at the national level."

The unimpressed premier of B.C., **Christy Clark.** DARRYL DYCK/THE CANADIAN PRESS

B.C. has previously said a provincial referendum on Senate reform would be required by law before it could approve any reforms to the upper chamber in Ottawa.

University of Victoria's law dean Jeremy Webber said he understands Clark's reluctance to enter into a Senate debate.

"The Senate is not well constituted," he said.

Western Canada is underrepresented in terms of Senate seats — six Senators are from B.C. — and the power to appoint them rests with the prime minister, said Webber.

He said addressing Senate concerns through a piecemeal process could cause more problems than it seeks to solve.

"The trouble is different provinces have very different views of how it could be reformed," said Webber. "Everybody agrees that as it currently exists it's poorly constituted, but often the proposals for reform point in very different ways." THE CANADIAN PRESS

> **Today's changes do not address what's been wrong with the Senate since the beginning.**
> Premier Christy Clark


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# Cities, B.C. spar over DNA fees

LAW ENFORCEMENT

## Police forensic testing costs foisted on communities

A dispute between cities and the British Columbia government over funding of police DNA testing has erupted into a nasty public sparring match.

The head of the Union of B.C. Municipalities said Attorney General Suzanne Anton is wrongly blaming the federal government for her decision to dump higher police DNA testing costs onto cash-strapped communities.

Al Richmond said Anton must clarify the province's authority to transfer the extra costs to municipalities and explain to taxpayers why B.C. is the only province in Canada to download DNA testing costs.

He said Anton has advised the UBCM to talk to the federal government, but that's not fair.

"Our contract is with the provincial government, not with the federal government.

"We're not going to be contacting the federal government and saying, 'What's going on?' If I contacted Telus about a Bell contract, they'd tell me to talk to Bell."

Anton was not available Thursday. She said in a statement Wednesday that the former Conservative government revised the DNA funding model, requiring the province and municipalities to pay more.

"Unfortunately, this means the costs fall to both levels of government and we recognize the burden this federal decision places on municipalities."

Richmond disagreed, saying changes in the federal funding model do not mean costs should be passed on to local governments.

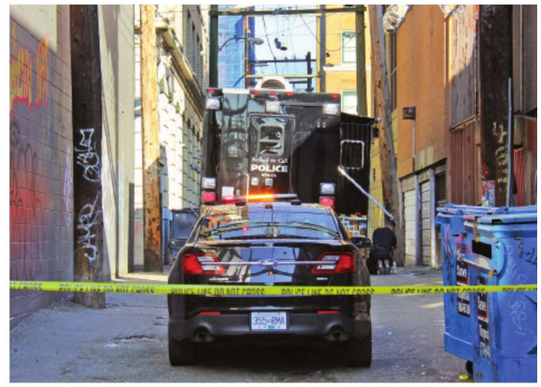
Anton said in the statement that the UBCM was aware for more than a year that funding changes were coming.

"I encourage them to raise these directly with the government of Canada," she said, adding B.C. will continue to subsidize DNA testing and help municipalities by contributing $1.3 million annually.

The province paid an extra $1.2 million last year and will pay an additional $1.7 million this year for the testing.

Richmond said the province has signalled it will cap funding for DNA testing at $1.36 million annually, while costs are set to rise to $4.4 million within five years, which means municipalities will pay $3 million.

THE CANADIAN PRESS



**A Vancouver police cruiser sits in an alley in the Downtown Eastside.** EMILY JACKSON/METRO FILE

SERVICE ANIMALS

## New guide dog rules put in place

British Columbia has introduced new rules to increase fines for restaurants, transit and other businesses that violate the rights of people who use certified guide-dogs.

The Justice Ministry says a maximum fine of $3,000 will be imposed, up from $250, making the penalty one of the highest in Canada and in line with Alberta.

The ministry says inspectors will issue violation tickets ranging from $50 to $250 as part of a progressive enforcement scheme that starts with education.

Stronger rules go into effect on Jan. 18 and will require newly certified dogs to meet higher training standards to assure they are able to tune out distractions such a food, noise or other animals.

The ministry says people who use certified guide or service dogs can no longer be denied a place to live despite a no-pet policy and that retired or injured dogs that can no longer work will now be able to remain in the home with its handler.

Justice Minister Suzanne Anton says the changes will help protect dog users and the public while providing clarity about responsibility for businesses that must allow the dogs on their premises.

THE CANADIAN PRESS

## IN BRIEF

**Mountie shot on the job considers return to work one year into recovery**

The RCMP detachment in Kamloops, B.C., has celebrated a milestone in the recovery of one its own a year after the officer was shot during a traffic stop.

Cpl. Jean-Rene Michaud's colleagues held a small ceremony for him and announced he is recovering well after countless surgeries, complications and setbacks.

RCMP Supt. Brad Mueller says Michaud is in good spirits as he considers returning to work in the new year.

Michaud was wearing a bullet-proof vest when he was shot multiple times and critically wounded last Dec. 3, sparking a manhunt for a suspect.

Accused shooter Kenneth Knutson's preliminary hearing on numerous charges including attempted murder is expected to start next week.

Michaud was transferred to Vancouver for treatment before returning to a Kamloops hospital months after he was shot.

THE CANADIAN PRESS

**UBC names investigator to probe 'allegations' against Steven Galloway**

The University of British Columbia has hired a former judge to investigate "serious allegations" against suspended creative writing chairman Steven Galloway.

THE CANADIAN PRESS

FOOD SAFETY

## Groups ensure oyster safety

British Columbia's Shellfish Growers Association and the B.C. Centre for Disease Control are working together to ensure Pacific Coast oysters will be succulent — and safe — on restaurant menus in 2016.

The two groups are organizing a workshop to help oyster farmers develop strategies to reduce chances of a dangerous bacterium in the shellfish.

Vibrio parahaemolyticus occurs naturally in sea water, but when temperatures rise, it can grow in mollusks and shellfish.

This can lead to a potentially serious food-borne illness.

A two-day workshop for oysters farmers will be held in Courtenay later this month.

Discussions will focus on oyster testing, monitoring procedures, water-temperature tracking and other issues related to pinpointing problems or managing outbreaks.

Last year, warmer sea water caused higher-than-normal levels of bacteria in B.C. oysters.

This led to greater numbers of related illnesses and resulting restrictions on sales or serving of the raw shellfish.

THE CANADIAN PRESS

# Farm weddings face decline as province raises questions

BUSINESS

## Commission eyeballs non-agricultural land uses

**Tereza Verenca**
For Metro | Vancouver

Saying "I do" against the perfect pastoral backdrop is becoming less of a reality for some B.C. brides and grooms.

The Agricultural Land Commission, responsible for governing all farmland in the province, is currently in the process of looking at how agri-tourism is regulated in British Columbia, including if nuptials should be allowed on ALR land. As it stands, non-farming business requires a permit.

Due to the lengthy and costly paperwork, Gary Moran of Chilliwack's Fantasy Farms has already had to cancel eight weddings on his 26-acre property that were scheduled for next year.

"Fortunately, no one has been blaming us, which is nice. We're refunding all of their deposits and I'm telling them to hang in there," Moran told Metro.

"There's tears, outrage actually. It's all these people that had their expectations and their plans. Who knows, some of them might have put out wedding invitations already."

The Moran family bought the farm in 1992 and has since established itself as a commercial grower. Over the decades, they hosted a bunch of weddings free of charge.

"We were just overwhelmed how many people wanted the venue that we have," he said.

As that momentum continued to build and more family members expressed interest to be involved in business, Moran started charging for the big day.

Since there's no farm income between the end of October to the beginning of September once the main crops dry up, this secondary income has become crucial, he said.

The deadline for feedback on agri-tourism has been extended until Jan. 15.

Moran believes the crackdown on farm weddings, meanwhile, is because people with no farming experience are buying up land and trying to turn a profit.

"We need to be clear that on designated farmland in the ALR, agriculture needs to be the main activity, and that farmers can support their farming incomes through other activities like agri-tourism," reads a statement from the Ministry of Agriculture.

But for Moran, farming still remains his No. 1 priority.

"We're not looking to become a wedding farm. If we did half a dozen in the summer to help us keep a couple people employed, that's great," he said.

Despite having to cancel the eight weddings, Moran still wants to put a smile on those brides' faces.

He intends to ask the City of Chilliwack and the ALC if he could let them tie the knot for free.

"It's not about us, it's about the brides that have booked their weddings here. It's probably one of the most important times of their life."

> **"It's not about us, it's about the brides that have booked their weddings here. It's probably one of the most important times of their life.** Gary Moran, Chilliwack's Fantasy Farms

**Brad and Abby Logan tie the knot in front of friends and family at Fantasy Farms in Chilliwack.** CONTRIBUTED

**Gary Moran brings guests out to the ceremony area.** CONTRIBUTED

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Melis relaxes in her East Vancouver basement suite. PHOTOS BY JENNIFER GAUTHIER/METRO

Over the next few weeks, Metro will introduce readers to refugees who recently arrived in Vancouver. They will tell their stories of why they came here and what their goals are. First, meet Melis. She arrived from Iran via Turkey on Oct. 21, 2015

# Melis thankful for acceptance in Canada

CAFÉ POLITICS **ACTIVISM**

**Emily Jackson**
Metro | Vancouver

Melis believes God had a hand in finding her apartment, a brand new, two-bedroom basement suite in East Vancouver with reasonable rent and a kind landlord.

The first time she sat on her bed in the white room with blank walls and space for her guitar, she cried. She was finally in a new home after a long journey as a refugee from the Azerbaijan province of Iran, fleeing first to Turkey before settling in Vancouver.

Metro met Melis – she did not want to use the name she arrived with for fear of discrimination – on Thursday, days after she moved into her apartment after spending her first 40 nights in Canada sleeping at the Immigrant Services Society of B.C.'s Welcome House.

She ran from Iran because of persecution of transgender people. She is a woman, but not biologically. Iran is a hotspot for sexual reassignment surgery – it's often used as a "treatment" for homosexuality, which is illegal – but she did not want to change her voice, as she is a Turkish singer.

"Right now, our country doesn't accept transsexuals. They have a bad situation," she said.

Like many others with gender identities not favoured by the Iranian state, Melis sought refuge in Turkey. But there, it was hard to make enough money to live. Many transgender people turn to sex work so they're not homeless, she said.

She signed up with the United Nations refugee agency with hopes of moving to a country that would accept her. Her top choice was Finland, but it wasn't an option. So she landed in Canada, even though everyone told her to go to the U.S. since Canada is freezing, she joked.

"I am thankful Canada accepted me," she said. "Vancouver is a very nice city because it has everything. My becoming a refugee isn't for the beauty, it's because I have respect here."

Not that it's been easy since she's arrived.

Other people staying at the Welcome House were not always accepting of her, and it was tough to share the space with people who were wary of her gender identity.

"I can't change everybody's minds. I have to live my life and live for myself," she said.

Vancouver may have a strong LGBT culture, but she said she still sees judgment in peoples' eyes when trying to rent apartments or even go to the grocery store. She hopes in the future, the government can organize special living arrangements for transgender people.

She found an Iranian roommate at the Welcome House who befriended her once she heard her singing voice. But she has yet to find a job. That's all she wants – she doesn't care if it's full or part time – and would much prefer a job over government assistance. Meantime, she's taking English language classes. (She speaks Arabic and Persian, and has a university degree in textiles and business management.)

"I want to be a musician. I want to work. If I have money, I can go to school and live better, do better," she said. "I have passed hardship to get here. I don't want to fall into this hardship again."

BUY LOCAL

## GIFTS FOR THE GREEN VANCOUVERITE ON YOUR LIST

**The buzz**
Need a present for someone with a serious sweet tooth? Hives for Humanity manages more than 100 hives across the city but focuses its work on proving opportunities for at-risk people in the Downtown Eastside. Their products include honey, candles, beeswax salves and balms and are sold at stores throughout Vancouver. For a neat gift, check out the flight neighbourhood honeys, collected from hives on Main Street, Commercial Drive, Renfrew, Strathcona, Hastings, Kitsilano and Delta. For info visit: hivesforhumanity.com. **Photo: hivesforhumanity.com**

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FOOD NOTES

# This dip can't be beet

Erin Ireland
Metro | Vancouver

Something hot pink caught my eye while browsing a tidy row of refrigerated products at Organic Acres Market (3603 Main St.), a reliable source for small-batch, Vancouver-made goods. The vibrant item was Spread'em Kitchen Co.'s Cashew Beet & Balsamic spread. Its fluorescent shade appeared unreal, but the seven simple ingredients (mainly beets, cashews, sunflower seeds, olive oil and balsamic) left no doubt about the product's authenticity.

Little did I know, this new item in my grocery basket would become a serious addiction.

Spread'em Kitchen creator Melissa Mills began selling her spreads, dips, sauces and pestos at Farmers' Markets in the summer of 2014. Customers went crazy – some requested street corner meet-ups to curb their mid-week cravings. The irresistibly tangy beet spread is Melissa's bestseller, but her other creations – Jalapeno Cheesy Cashew, Carrot Chili & Cashew and Cilantro Pumpkin Seed & Garlic – are masterpieces, as well.

Try these gluten free, plant-based dips on toast or rice cakes (pictured), as grain-bowl dressings or with crackers (holiday party idea?). A tub of Spread'em goes for about $7 and can be found at over 33 locations in and around Vancouver.

VANCOUVER TRENDING **WOODEN SPOON-CARVING**

# Wanna spoon?

## Vancouver's love of natural-sourced, handcrafted objects has sparked a growing interest in a time-honoured tradition.

**Hand-carved spoons have a storied history, back to the Stone Age, but their beauty and utility never go out of style.**

Amy Logan
For Metro | Vancouver

In a leafy East Vancouver backyard, Mark Trankner, a local wood-carver, is busy splitting pieces of salvaged cherry wood into chunks for spoon-making.

Later, he will use his axe to deftly shape the "blanks" into beautiful wooden ladles and eating spoons.

Large wooden blocks are set up for axe work and an array of carving knives, axes and adzes is placed on a workbench.

He's part of a growing trend in Vancouver, a new generation of makers delving into the world of handcrafted wooden spoons. Low-cost and environmentally friendly, it is especially attractive to young urbanites who yearn to make something with their hands.

"You use spoons every day, but most are incredibly ugly," said Trankner.

"So if you make a good one you are improving your life. It's about getting something from nature rather than from a store."

The trend seems to be on the rise in Vancouver.

A diverse range of carvers meets weekly over a shared meal at a fieldhouse in a Strathcona park.

They craft spoons and carve wood, exchange advice and tools, and compare their creations.

The Roundhouse Community Centre also offers a spoon carving class, and the hip woodworking company Union Wood has recently begun hosting monthly spoon making workshops.

Trankner sources his wood from fallen or freshly cut trees, preferring to work with green, or new, wood, as it is more supple and pliable.

He's made over a hundred spoons by now, and admits that "it's addictive" and connects him to a tradition that spans thousands of years.

> **You use spoons every day, but most are incredibly ugly. So if you make a good one you are improving your life.**
> Mark Trankner

**How's this for a killer gift?**
What do you get the person that has everything? How about a sleek, black and white, six-tonne salmon (or seal) eating machine? The Vancouver Aquarium's cetacean research program lets people adopt wild killer whales on behalf of friends and relatives. The adopt-a-whale kit (killerwhale.vanaqua.org) comes with an adoption certificate, an ID photo and biography of the whale. Funds raised go to support the costs of studying orcas in the wild.
**Photo/Colourbox.com**

**A big clucking deal**
How about a backyard chicken coop for your lovable urban homesteader? DailyEggs.com has developed the Vancooper, a bylaw-compliant three-hen chicken coop designed for Vancouver backyards. The coops, built from repurposed cedar, are locally constructed and can be purchased as either a do-it-yourself kit or fully installed.
**Photo: Dailyeggs.com**

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## IN BRIEF

**Regan is new Speaker of House of Commons**

MPs have elected Liberal Geoff Regan as Speaker of the House of Commons.

Regan, who represents the riding of Halifax West, was first elected in 1993, defeated in 1997 and then re-elected in 2000, and has served as MP ever since. THE CANADIAN PRESS

**Ordinary Canadians can now be senators**

Ordinary Canadians will be able to apply for an appointment to the Red Chamber under the Liberal government's new appointment process.

The government is establishing a five-member advisory board to recommend Senate appointees "guided by public, merit-based criteria," in order to make the Senate less partisan and more effective. MICHAEL WOODS/METRO

**Extension on assisted suicide deadline sought**

Canada's attorney general Jody Wilson-Raybould is asking the Supreme Court of Canada for a six-month extension on the February deadline to craft laws to govern assisted suicide.

She is also asking that any opposing party be required to respond within three days, instead of the usual 10. THE CANADIAN PRESS

**Rising estimated costs for warships no surprise**

Canadians could be asked to pay as much as $30 billion to build 15 new warships, which is well above original estimates, Royal Canadian Navy Vice-Admiral Mark Norman said.

Ken Hansen, research fellow with the Centre for Foreign Policy Studies in Halifax, said the underestimation comes as no surprise. THE CANADIAN PRESS

# Canadian sponsors give refugees hope for world

IMMIGRATION

## Paperwork and waiting precede trip out of Jordan

The Alhajalis are animated, talking over one another as they compare the prosperous and peaceful pre-revolution life they enjoyed in Syria to the daily struggles they now face as 10 of the 630,000 Syrian refugees in Jordan.

Even though they're heading soon to the safety of Canada, the fear of Syria still hovers.

"All we want," says Razan, 28, wife of Emad, also 28, "is some peace and some security."

In a matter of days, they hope to be on their way there — Razan and Emad's family is among the 10,000 privately sponsored Syrian refugees likely to be in Canada by year's end as part of the Liberal government's commitment to resettle 25,000 of them by the end of February.

Awad Alhajali, 34, and his wife Asmaa, 34, are eventually bound for Canada as well, having found their own private sponsors in the same community — Orangeville, Ont.

About 14 months ago, a Canadian friend of a friend of Razan and Emad pointed out the private sponsorship system and offered to help with the paperwork.

> **The general situation here is nobody likes to help.**
> Refugee Emad Alhajali

A connection was made eventually with a group from Westminster United Church in Orangeville, Ont., hoping to sponsor a family. The paperwork was filled out, and then the waiting began.

A month ago, they were called for their health exams, and earlier this week handed over their passports for what they believe are exit visas.

Now they await the phone call telling them when their flight will depart for Canada.

They've heard Canadians are warm and welcoming, and don't fear moving to a different culture.

"It's a surprise when people across the world want to help you," Emad says.

"It means the world is going to be OK," adds Razan.

THE CANADIAN PRESS

## ON THEIR WAY

**Syrian family to head to Ontario town Dec. 14**

Brian and Philomena Logel are making arrangements to welcome the Alhajalis into their own home, if only until a more permanent home is found for their Syrian charges. Word came down Sunday that the Alhajalis had received their exit visas and now they're heading to Orangeville, Ont., on Dec. 14.

THE CANADIAN PRESS

**LEFT: Syrian refugee Awad Alhajali from Kherbet Ghazalah, Syria, and his wife Asmaa sit with their children, Obaida, 5, Adnan, 9, Abedr, 2, and Obada, 7, left to right, in their apartment in Irbid, Jordan. The family is waiting for approval to immigrate to Canada. RIGHT: Headwaters Refugee Group chair Brian Logel with his wife Philomela at the Westminster United Church, in Orangeville, Ont.** LEFT: CHRIS YOUNG/THE CANADIAN PRESS; RIGHT: PAUL CHIASSON/THE CANADIAN PRESS

SOCIAL MEDIA

# High-school student takes on online bullies and it goes viral

**Lynelle Cantwell wrote to an online bully she "was sorry that you don't get to know me as a person."** THE CANADIAN PRESS

Lynelle Cantwell had just sat down in Grade 12 math class at Holy Trinity Regional High School in the Newfoundland and Labrador town of Torbay on Tuesday morning when cruelty rocked her world.

She learned from two friends she had been named in a poll posted on the website ask.fm called Ugliest Girls in Grade 12.

"It hurt. A lot," Lynelle said.

Soon afterwards, however, she took to social network Facebook and wrote a response to whoever had come up with the poll. "I'm sorry for you. Not myself .... I'm funny, nice, kind, down to earth, not judgmental, accepting, helpful and I'm super easy to talk to. That's the same for every other girl on that list."

The reaction, she said, was overwhelming. "I didn't think it was going to go viral!"

It's unlikely anyone could do a more wonderful job than Lynelle has herself in revealing the pain caused by bullying and the benefits of thoughtfully asserting herself.

"My mom (Brenda) and my dad (Gordon) definitely taught me a lot about keeping my composure and being mature," she said. She's also been involved with a local cadet group she said taught her a lot about discipline, responsibility and leadership.

> **I've always wanted to do something to change something in the world.**
> Grade 12 student Lynelle Cantwell

As to the perpetrators of the poll, "I haven't heard a thing," she said. "I don't think the person's going want to come forward now that it's all across Canada."

For Lynelle, the intended slight had the unintended consequence of letting her set an example for others, and in letting the country know just how beautiful a human being she is.

TORSTAR NEWS SERVICE

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## 2015 NISSAN PATHFINDER SV 4WD

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2007 CHRYSLER 300 LIMITED
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2005 DODGE MAGNUM
.....**$6,888** #6339

2006 NISSAN ALTIMA
.....**$8,787** #6596

2007 DODGE CHARGER
.....**$8,887** #6022

2008 KIA MAGENTIS
.....**$8,887** #6618

2006 CHRYSLER 300C
.....**$8,888** #1502

2009 HYUNDAI TUCSON
.....**$9,888** #8420

2011 CHEVROLET IMPALA LT
.....**$9,977** #6396

2007 FORD EXPLORER LIMITED 4WD
.....**$11,588** #6412

2006 CHEVY SILVERADO EXT 4WD
.....**$11,888** #8564

2009 VW JETTA TDI
.....**$11,888** #6533

2015 MERCEDES FORTWO PASSION
.....**$12,888** #6434

2012 MITSUBISHI ECLIPSE SPYDER
.....**$14,995** #0655

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.....**$19,787** #5607

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TERRORISM

# Paris fugitive hid in migrant wave: Police

Salah Abdeslam, a fugitive suspected in the deadly attacks in Paris, was at the main Budapest train station before mid-September and left with men who had been travelling amid a wave of asylum-seekers trying to enter Europe, Hungarian officials said Thursday.

In Belgium, meanwhile, two more suspects in the Paris attacks were taken into custody facing terrorism charges. In all, Belgium now has eight suspects behind bars who are linked to the Paris attacks or to a possible attack in Brussels.

Janos Lazar, Hungarian Prime Minister Viktor Orban's chief of staff, said at a news conference Thursday that the Hungarian secret service had confirmed information about Abdeslam's travels they had received from foreign agencies. According to him, the Paris fugitive was at the Keleti Railway terminal in Budapest, where he recruited young men who were refusing to register with Hungarian authorities, and later left the country with them. THE ASSOCIATED PRESS

GENDER EQUALITY

# U.S. military opens all jobs to women

After three years of study and debate, Defence Secretary Ash Carter ordered the military Thursday to open all military jobs to women, removing the final barriers that kept women from serving in combat, including the most dangerous and grueling commando posts.

**220K**

**Carter's order opens the final 10 per cent of military positions to women - a total of about 220,000 jobs.**

His landmark decision rebuffed requests by the Marine Corps to exclude women from certain infantry and combat jobs and signalled a formal recognition that thousands of women served, and many were wounded or killed, in the last 14 years of war in Iraq and Afghanistan.

"We are a joint force, and I have decided to make a decision which applies to the entire force," Carter told a news conference. THE ASSOCIATED PRESS

## CEASEFIRE

**ISIL defeated in 'months' with peace strategy : Kerry**

The Islamic State can be defeated within "months" of a ceasefire between Syria's government and moderate rebels, U.S. Secretary of State John Kerry said Thursday, urging the world to come together behind a peace strategy recently hashed out by the United States, Russia and other countries.

Kerry has been spearheading international efforts to broker an end to fighting between Syrian President Bashar Assad's government and non-terrorist opposition forces, and a political transition. THE ASSOCIATED PRESS

**FBI agents search outside a home in connection to the shootings in San Bernardino** on Thursday in Redlands, Calif. A heavily armed man and woman opened fire Wednesday on a holiday banquet for his co-workers, killing multiple people and seriously wounding others in a precision assault, authorities said. RINGO H.W. CHIU/THE ASSOCIATED PRESS

# California gunman met radicals online

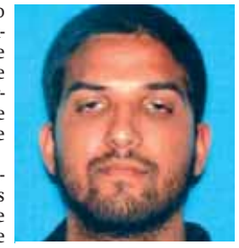
MASS SHOOTING

## The motives of San Bernardino attackers are still unclear

San Bernardino gunman Syed Rizwan Farook had been in contact with known extremists on social media, a U.S. intelligence official said Thursday, and police said he and his wife had enough bullets and bombs to slaughter hundreds when they launched their deadly attack on a holiday party.

The details came to light as investigators tried to determine whether the rampage that left 14 people dead was terrorism, a workplace grudge or some combination.

The husband-and-wife killers were not on the FBI's radar before the massacre, said a second U.S. official, who likewise spoke on condition of anonymity because he was not authorized to discuss the investigation.



**Syed Rizwan Farook, the suspect, is shown here.** THE ASSOCIATED PRESS

Wearing black tactical gear and wielding assault rifles, Farook, a 28-year-old county restaurant inspector, and his wife, Tashfeen Malik, 27, sprayed as many as 75 rounds into a room at a social service centre for the disabled, where Farook's co-workers had gathered for a holiday banquet Wednesday. Farook had attended the event but slipped out at some point, then returned in battle dress.

Four hours later and two miles away, the couple died in a furious gun battle in which they fired 76 rounds, while 23 law officers unleashed about 380, police said.

A U.S. official says the FBI was treating the mass shooting in California as a potential act of terror but had reached no conclusion it was. A law enforcement official says authorities are looking for a man who bought two rifles used in a Southern California attack that killed 14 people. Authorities have said two pistols and two rifles they carried were bought legally more than three years ago. Farook bought the pistols, but a man authorities won't identify bought the rifles. THE ASSOCIATED PRESS

OUTREACH

# Milwaukee tries to curb 'mind-boggling' rates of infant death

**Tiara Hardy, 22, seen at the "community baby shower, " credits Blanket of Love classes for helping her learn to bond with her kids.** TORSTAR NEWS SERVICE

Dasia Oliver, eight months pregnant and working at Walmart, didn't particularly want to spend her free time in a hospital class on safe sleeping for babies.

Then she thought of a friend whose baby died in bed this summer. Then she thought of the brother she never met. He died in bed as a baby, too.

"I'd rather sit here for an hour," Oliver, a 20-year-old African-American, said at the hospital in November, "than be planning a funeral."

There are a whole lot of baby funerals in Milwaukee. At most of them, it is a black mom crying over the casket.

Milwaukee is one of the most segregated cities in America. Its white infants die at around the same rate as infants in Canada. Its black infants die at around the same rate as infants in the Gaza Strip. Five deaths per 1,000 births for white babies. Fifteen deaths per 1,000 births for black babies.

"Babies just dying every day," said Mary Love, 25 and expecting her third child, at the popular Blanket of Love prenatal class held weekly at a black church.

> **You have a lot of people who are taking care of their babies, but they're still dying.** Patricia McManus, president of the Black Health Coalition of Wisconsin

"It's not making no sense."

The city's politicians and experts believe they know what is happening. The challenge is fixing it.

"This problem is so all-encompassing it's mind-boggling," said Elizabeth Hill-Karbowski, director of women and infants outpatient services at the Wheaton Franciscan health system.

About 15 per cent of the city's black infant deaths are the result of unsafe sleep conditions: placing the baby on its stomach rather than its back, using loose blankets rather than a secure sheet, and letting the baby share a bed with its parents. TORSTAR NEWS SERVICE

**TECHNOLOGY TOYOTA BETS BIG ON 'PARTNER ROBOTS'**
Akifumi Tamaki, Toyota's robot division general manager, speaks with the auto maker's one-armed "partner robot" at the International Robot exhibition in Tokyo on Wednesday. The R2-D2 lookalike is spearheading Toyota's ambitions to become a significant player in the growing market for robots that help the elderly and other people get around in everyday life. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

# Big mergers worry small breweries

BRANDING

## Giants killing innovation, craft beer makers say

The proposed consolidation of the world's biggest beer companies has given rise to concerns that it could be harder for Canada's small brewers to sell their brands in local bars.

"Traditionally, big companies merging to become even bigger companies tends to have a little bit of a chilling effect on innovation and small companies," said Jason Fisher, owner of the Indie Ale House, a Toronto brewhouse. "You want to go to a sporting event, they own that venue. You want to go to a concert, they own that venue. You want to buy beer at a store, they own those too."

Large brewers use their financial firepower for marketing and sponsorships to increase awareness of their brands and buy up more beer tap lines to dominate distribution in bars and restaurants.

SABMiller recently agreed to a $107-billion US takeover by Anheuser-Busch InBev in a merger of the world's two largest brewers. Molson Coors is poised to nearly double its size after agreeing to spend $12 billion US for SABMiller's share of Miller Coors and Miller's International brands, including those sold in Canada.

Molson Coors and InBev together control about 71 per cent of the Canadian beer market, according to market research firm Ibis World.

Ibis said the craft brewing phenomenon that has taken the U.S. beer market by storm has not been as significant in Canada, largely because it is more difficult to enter the market with provincial regulations about distribution. However, the popularity of craft beer has been rising across Canada for years. While overall beer consumption declined by six per cent in 2014, craft beer servings grew by seven per cent, according to data research company NPD Group.

> **You want to go to a sporting event, they own that venue ... You want to buy beer at a store, they own those too.**
> Jason Fisher

Beer giants have responded by buying up craft beer companies. Over the last decade, Molson Coors has acquired Creemore Springs and Granville Island, while Labatt's recently bought Mill Street Brewery and Turning Point Brewery.

THE CANADIAN PRESS

OILSANDS

# Suncor extends bid for peer

Oilsands giant Suncor Energy has extended its hostile takeover bid for its smaller peer Canadian Oil Sands (COS) until Jan. 8, but it hasn't sweetened the offer. The all-stock bid — worth nearly $4.5-billion — was to have expired Friday.

Suncor CEO Steve Williams said in a statement Thursday the offer remains "full and fair" in light of the worsening outlook for oil prices.

"The pressure is clearly on COS' board and management to prove they are acting in someone's interest other than their own," said Williams.

A COS adviser has said 25 parties have expressed some degree of interest, but the company has also argued that it's in strong enough shape to keep going it alone.

COS's leadership has urged shareholders to reject Suncor's offer, which it says is too low, opportunistic and exploitative.

At the centre of the Suncor-COS battle is the massive Syncrude oilsands mine north of Fort McMurray, Alta.

Both companies are partners in Syncrude — COS with a 37 per cent stake and Suncor with 12 per cent. That means if Suncor is successful, it would own just under half of the mine and consolidate its position as Canada's biggest dominant oilsands player.

THE CANADIAN PRESS

## market minute

**DOLLAR**
74.97¢ (+0.06¢)

**TSX**
13,324.67 (-139.15)

**OIL**
$41.08 US (+$1.14)

**GOLD**
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**NATURAL GAS:** $2.181 US (+1.6¢)
**DOW JONES:** 17,477.67 (-252.01)


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metro VIEWS
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FACE OFF

# Is the TPP good for Canadian music?

The Trans-Pacific Partnership (TPP), is a mammoth 6,000-page trade agreement among 12 nations, including Canada, the United States, Australia and Japan. It covers everything you could conceivably trade — from donkeys to dairy to Disney's Mickey Mouse. As the new Parliament prepares to assemble for the first time, reviewing this thing and debating whether to ratify it will be a top priority.

ISTOCK

Especially controversial are the provisions that deal with Canadian culture (music, movies, books and more). Under the TPP, copyrighted works will enter the public domain — where they can be freely modified, published and shared — 70 years after the creator's death, rather than the current 50 years. So with the agreement, copyright holders, whether the artists themselves, their heirs or the companies that own the rights to their work, will be able to profit for 20 extra years.

Will this safeguard the rights of music-makers, who are struggling to stay afloat in the digital world? Or will it stifle Canadian creativity? Three experts weigh in.

DEADMAU5
TORSTAR NEWS SERVICE

*Expert comments have been condensed by Metro*

## No: It will hurt Canadian heritage

**Michael Geist**
**University of Ottawa**
**Canada Research Chair in Internet and E-commerce Law**

It's largely the music companies, and artists' heirs, that benefit from an extension of copyright protection. To the average Canadian creator, it doesn't mean very much. Economists say a longer copyright term has little to no effect on new creativity. Nobody woke up and said, "I'm not going to write the next great Canadian novel, because my heirs will get 50 years of profits rather than 70." A term of the life of the author plus 70 years means many works that are around today won't be public domain until the next century. For the vast majority of works, the commercial value runs its course in far less time. We're restricting Canadians' access to their own heritage. But if older works are made publicly available and free, we can leverage the public domain for education and to promote Canadian heritage. I'd like to see a registration system, where you have to renew copyright every 20 to 25 years. It would separate the high-value commercial items from the vast majority. Imagine if we were still paying the heirs of Shakespeare, and charging for the rights to adapt it, to put on the plays. There wouldn't be that incentive to create.

## Yes: it will help the music industry survive

**Robert Hutton**
**Executive Director**
**Canadian Music Publishers Association**

Very often, Canadian artists punch above their weight internationally. And we were considered a weak copyright jurisdiction. We have to realize that intellectual property is intangible. It's not a physical product like a compact disc anymore; it flows freely across borders. It has to be globally managed. So uniformity of international copyright standards is a good thing in itself. The companies that own artistic works have invested in the artists over a period of time. The Canadian public benefits because companies use that money to invest in developing new talent. Composers and families continue to reap the benefits of copyrighted works. When we extend protection, we help preserve a declining revenue stream. If you really value Canadian music and want it to be made in the future, we need to find a way for artists to get sustainable income. What happened with the TPP, from our perspective, is fair.

## Sort of: A balance is needed

**Erik Ashdown, CEO**
**Indiloop, a Canadian tech start-up that allows users to create and share their own music and sound mixes**

I have to look at both sides of the copyright debate. We're not here to steal or disrespect copyrighted music, but you don't want to stop people from being creative. Record labels should see remixing as a marketing opportunity. If people are remixing your music, it shows they care and you have an audience. When (Canadian house-music star) Deadmau5 was remixed by the (famous DJ) Skrillex, it probably brought more attention to Deadmau5's work than it otherwise would have gotten. Some people think record labels are evil. They're not. They're in it because they love music. Their industry has been cut in half. As long as people are still willing to pay for Beatles albums, and to pay for cover versions of Beatles songs, why would the label or publisher not lobby to protect their copyright? On the other hand, music licensing and remixing needs to be accessible. Billions of dollars are being left on the table right now, and services are launching to take advantage of the emerging remix market.

## ROSEMARY WESTWOOD

metroview

# Tackling violence against women: Where do we start?

I should be writing this column about violence against women, now.

It's just, violence against women — can you think of anything more broad? More pervasive? More global?

It's like saying, "Here's my opinion on poverty: It sucks."

Where do you start, and where to do you end? Rape as weapon of war, and, for ISIL, of indoctrination. Domestic abuse. Statistics, courtesy of the international development agency Plan Canada, that say 120 million girls have experienced forced intercourse or sexual touching, and females make up 70 per cent of human trafficking victims. Or: One-quarter of Canadian girls will experience sexual violence.

Sunday marks another National Day of Remembrance and Action on Violence Against Women. The International Day for the Elimination of Violence Against Women was Nov. 25th. Those who work year-round in this area worry about the tokenism of a day, while fighting for airtime to galvanize us to action.

Activists will seek to incite your indignation, though it's hard to get worked up over everyday injustices. Just ask a panhandler.

One place to start is with the good news, such as the federal Liberals' promise for a "comprehensive" gender-violence strategy and inquiry into missing and murdered indigenous women.

"I think there's some new momentum that I'm quite optimistic about," Amanda Sussman, Plan Canada's head of policy and advocacy, told me. She pointed to the United Nation's new sustainable development goals for 2030, which are "drawing political attention and resources to the most vulnerable... adolescent girls, women and girls."

Another place to start is with the wider issues of violence, and how we need to end violence in men's lives, too. Undoing the pressure of gender norms on all people is among Plan's priorities, Sussman told me, painting the image of a man in a developing nation, living in extreme poverty, who must be the breadwinner for his family, but cannot.

"I think we have made mistake in the women's movement for some time not giving enough emphasis to that," she added.

Sussman, when we spoke, was sitting in the relative comfort of her Canadian life, fearing for the vulnerability of women and girl refugees, ripped away from their lives and protection.

"How do we spark the outrage?" she asked, and then suggested one last place to start: With ourselves. A day of action is a call to be "more vigilant than ever" in fighting the violence we witness. Individual actions count, she said. Maybe, start small.

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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

In Legend, Tom Hardy plays identical twins and notorious gangsters Ronnie and Reginald Kray. HANDOUT

# Tom Hardy is not your average guy

RETROSPECTIVE

## Actor's small edgy roles deserve a double take

Richard Crouse
For Metro Canada

Like Wrigley's "Double your pleasure! Double your fun!" gum, this weekend's movie Legend is two Tom Hardys in one. He plays the dual roles of Britain's most notorious gangsters, Ronnie and Reginald Kray, identical twins and violent thugs who ruled London's underworld during the 1950s and 1960s.

Previously real-life siblings Martin and Gary Kemp of '80s new wave band Spandau Ballet impersonated the brothers in the 1990 film The Krays, but these days special effects allow Hardy to play both brothers. "The movie's a testament to the Krays' ability to get away with everything, for a while, anyway," wrote Ty Burr in the Boston Globe. "But it's better evidence of Tom Hardy's ability to do just about anything."

Already this year we've seen the talented actor in the Mad Max reboot Fury Road, the musical London Road and the crime thriller Child 44. Soon he'll play opposite Leonardo DiCaprio in The Revenant and is currently shooting Taboo, a new BBC mini series scheduled to air next year.

He's also made waves as The Dark Knight Rises' brooding hulk Bane and dream-dancer Eames in the megahit Inception.

**MOVIE RATINGS by Richard Crouse**

| | |
|---|---|
| Legend | ★★★ |
| Youth | ★★★★ |
| A Royal Night Out | ★★★ |
| I Smile Back | ★★★ |
| Life | ★★ |
| Hitchcock/Truffaut | ★★★★ |

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

In between these box office busters he's appeared in smaller, edgier films that deserve a look. Here are some of the other films that have helped Tom Hardy become legend.

**Hillbilly Hardy:**
Lawless takes place during Prohibition. The bootlegging business is booming, run by hillbillies who'll sell to anyone with a buck and a thirst. The most notorious are the Bondurant family; headed by Forrest (Hardy) who engages in a knock down, drag out moonshine war with a corrupt lawman played by Guy Pearce. Hardy leads the cast as a soft-spoken thug with a brainy bent. "It's not the violence that sets men apart," he says, "it is the distance he is prepared to go."

When he isn't waxing philosophical he's busy earning most of the film's few laughs. It's a natural, unaffected performance that really shows what he can do without a mask strapped to his face.

**Solo Hardy:**
In these days of maximalist moviemaking Locke goes the opposite way, trimming the movie down to one claustrophobic setting and a single on-screen actor. Locke is the first movie in recent memory that would probably work as well as a radio drama as it does a film. Hardy is Ivan Locke, a straight arrow construction foreman determined to be at the birth of his child. In his car, he's battling traffic for the hour-and-a-half drive to London and the mother-to-be's hospital. Trouble is, the child is the result of a lonely one-night stand and he's a married man.

The entire film takes place in the front seat of Locke's car, in real time, as he drives the M1. We see through the windshield, into the backseat and the display screen of car phone and GPS. Most of all we see Hardy's face, which, even though obscured by a beard, still allows his charisma to ooze through. His face is the engine of the film, his talent the driver.

**Hardheaded Hardy:**
In the Drop, Hardy he plays Bob Saginowski, a mild mannered bartender at a Brooklyn neighbourhood pub owned by the Chechnyan mafia. Like many of the borough's bars, Marv's is sometimes used as a "drop," a place where gangsters secretly hide money until it is collected by their crime bosses.

As Bob, Hardy is a cypher; kind to dogs, shy and lovesick, he is an average neighbourhood guy. Except in this neighbourhood average guys have pasts, and Hardy does a nice job of playing a man who is trying to move on while the past tries to stop him in his tracks.

WHEN I SMILE

# Silverman offered role after opening up about depression

Steve Gow
For Metro Canada

Whether it's Adam Sandler, Jim Carrey or even Oscar-winner Mo'Nique, people are shocked when they see their favourite comedians take on serious roles.

However, to cinema's latest crossover thespian, the two worlds go hand-in-hand.

"I don't think it's a new conceit that comedy and drama are adjacent at the very least," explained comedian Sarah Silverman recently.

In Toronto to discuss the debut of her new drama I Smile Back during the Toronto International Film Festival in September, the provocative entertainer agrees that behind comedy's veneer of laughter lies a rather shadowy secret of manic depression.

Indeed, a British study recently noted that humorists score higher for psychological traits like suicide and depression than the general public. Silverman adds, "I had a lot of stuff to draw from that a lot of comedians would."

With I Smile Back, Silverman is getting rave reviews for her riveting portrayal of a suburbanite mother struggling with such a spell of depression that she dulls her pain with drugs, alcohol and acts of compulsion at the risk of her family and health.

"I've never been purposely looking for anything (serious)," insisted Silverman, who admits the role was offered after author Amy Koppelman heard the comedian discussing her own battle with depression on Howard Stern's radio show.

"To be honest, I didn't think it would ever get made (so) I didn't think about it at all, which was probably good because then it happened and it was too late to back out."

She is now accruing critical praise, with critics describing her portrayal as "chilling" and "scarily good."

Her fearlessness isn't just limited to the stage — illustrated by the film's prolonged scenes of stark emotional strife and unglamorous nudity.

"It's funny — I was never asked to be naked in anything until I turned 40 and then I'm asked to be naked in everything — which I kind of love."

In I Smile Back, Sarah Silverman plays a suburban mother struggling with depression. CONTRIBUTED

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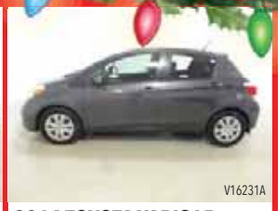
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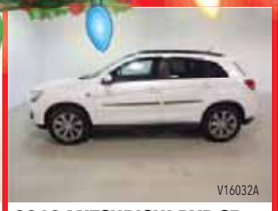
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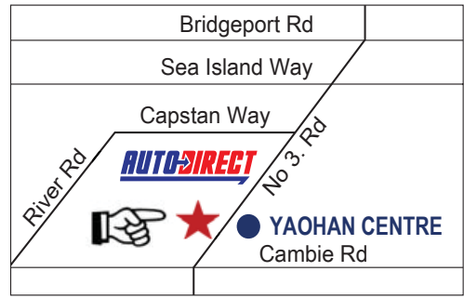


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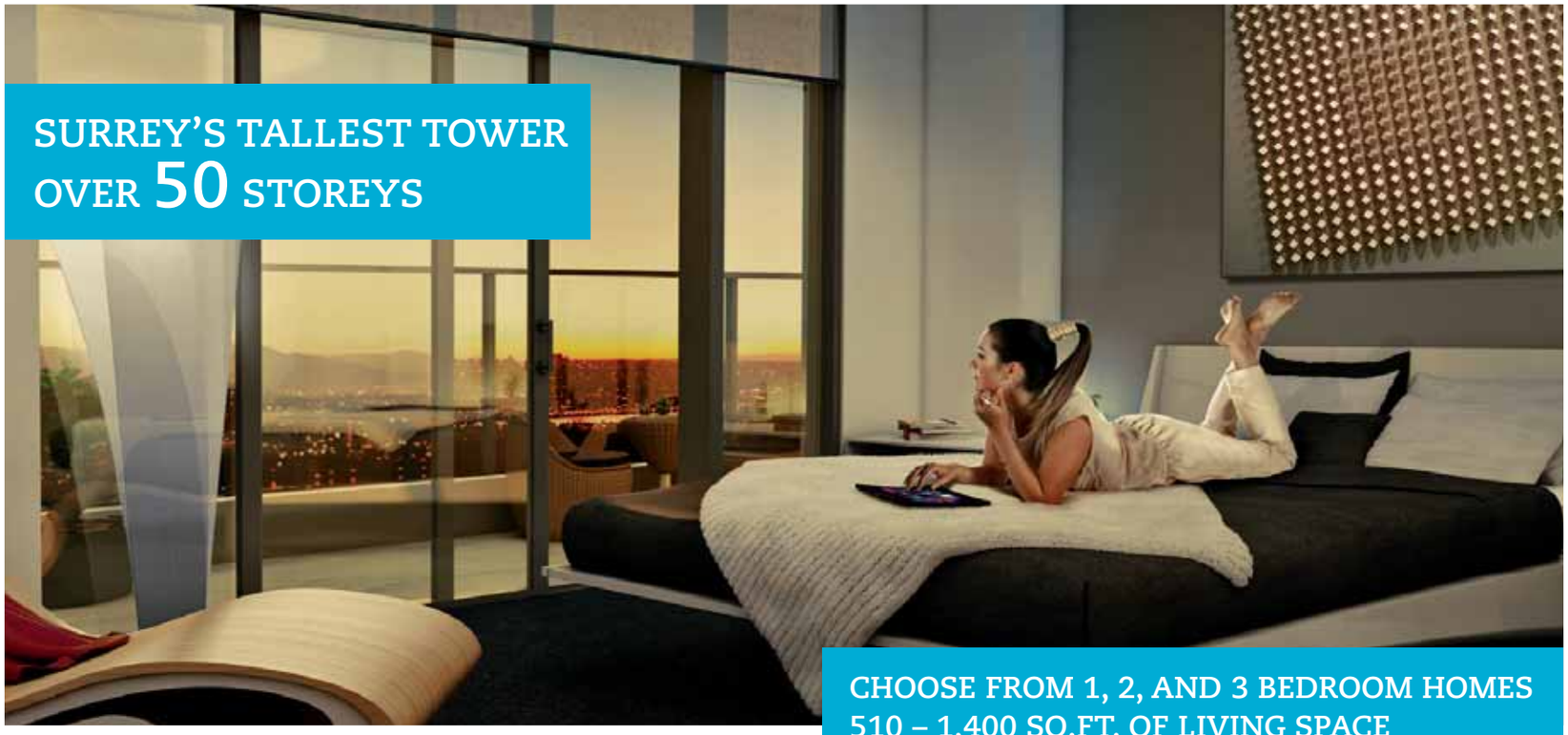

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# DeHaan breathes Life back into Dean

When Dane DeHaan was studying acting at UNC School of the Arts he had a poster of James Dean on his dorm wall.

DeHaan graduated in 2008 and has gone on to star in the HBO series In Treatment, and films like Chronicle, The Place Beyond the Pines, Kill Your Darlings and The Amazing Spider-Man 2 but one thing hasn't changed.

"The poster is still on my wall," he says on the line from his home. "I'm looking at it right now."

In new film Life, the 29-year-old actor plays Dean in 1955, just months away from the release of East of Eden. After a chance meeting a photographer, played by Robert Pattinson, becomes convinced the actor is the perfect subject. The two have an undeniable bond but Dean is hesitant, leery of exposing himself to the publicity machine.

DeHaan, who gained 25 pounds to play the screen icon, calls Dean one of his favourite actors.

"I was learning about acting and my acting teacher told us to go home and watch Marlon Brando and James Dean movies. I started watching them and he was just amazing. It was amazing to watch someone start the revolution of the kind of acting that most people do today but do it in such a beautiful way.

"It's so exciting to watch those movies and see James Dean existing in this world with all these other over-the-top actors and just take them to school. The contrast was so jarring. Now you see a movie and there are obviously people who are better than others, but generally they're trying to do the same kind of acting. In those movies that's not really happening."

DeHaan, who will soon be seen playing another real life character, Karl Rove in Young Americans, says "people think they know a lot about Dean but not many people really know much about him at all," and hope Life will change that.

"Ultimately that was one of the reasons I took it on," he says. "I realized that there are a lot of young people who don't know who James Dean is, and that's a sad fact. I would hope you would watch his movies first and then watch our movie or watch our movie and then watch his. I hope it opens a door for a lot of people to rediscover him not just as a persona but as an amazing talent."

RICHARD CROUSE/METRO

BOX OFFICE

# Can Star Wars VII beat Avatar?

Is the James Cameron movie a few weeks away from losing its number one ranking at the global box office? At any rate, it seems that the future is rosy for the new episode of the Star Wars saga.

To say that Star Wars: The Force Awakens is the most highly anticipated movie of the year is putting it mildly. This seventh episode, slated for release on December 16, is expected to generate some big numbers, but how much exactly?

Some analysts are already predicting a final total of 2.7 billion dollars at the box office, i.e., as much as Avatar, which has held the global box-office record since 2010. The most optimistic analysts believe it could be the first film to top 3 billion dollars.

Star Wars VII will be released at the same time of year as Avatar and Titanic (respectively on December 18, 2009 and December 19, 1997), the movie industry's two biggest global successes.

**Star Wars: The Force Awakens is projected to break box office records.** HANDOUT

One thing is sure, the J.J. Abrams opus is likely to begin with a bang. Forecasts, such as that of FBR & Co's Barton Crockett, foresee $220m for the opening weekend. A record that would topple Jurassic World, which generated $208.8m when it was released last June. With record advance ticket sales ($50m), Star Wars is sure to get off to a better start than Avatar which brought in $77m in its opening weekend. AFP

## FILM BRIEFS

**Thor: Ragnarok a gets third scriptwriter**

Writer Stephany Folsom has joined the Thor script-writing team, according to The Hollywood Reporter.

Folsom (1969: A Space Odyssey or How Kubrick Learned to Stop Worrying and Land on the Moon, The Princess of North Sudan) follows in the steps of Christopher Yost and Craig Kyle, who were working on the script prior. Another relatively new addition is director Taika Waititi (What We Do In the Shadows), who came on board in October.

Actor Chris Hemsworth will be back as the eponymous Norse god, and is reportedly starring with Mark Ruffalo playing the Hulk.

The third in the Thor franchise, Thor: Ragnarok is slated to hit theaters Nov. 3, 2017. AFP

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**THE TV DINNER** JESSICA ALLEN

# What I don't need is Friday Night Lights, the musical. That's right. Scott Porter will play Coach Taylor in an upcoming production

I've watched so much football in the last week that I can pretty much execute a pass rush and an end-around leading to a touchdown all at the same time.

Not like actual football — although I did tune in Sunday night to watch the Grey Cup — but movies about football, which, if we're being honest, are better paced.

I don't know what prompted the football-themed watching, nor do I want to because it would expose to both you and me my elementary stream of consciousness, which I'm guessing is similar to a dog — "Tree, pee, lick butt… squirrel!" We're better off not knowing.

But it started with We Are Marshall. "You've never seen it?" Simon asked of the 2006 movie starring Matthew McConaughey as a new coach who must put a college football team together after an unthinkable tragedy. "And you call yourself a sports movie lover?"

Next was Remember the Titans, the 2000 movie starring Denzel Washington as a new coach who must put a high school football team together after racial segregation ends.

On a roll now, I suggested we watch just the pilot of Friday Night Lights. We've already watched all six seasons but I wanted to revisit Coach Taylor, Tami, Riggins and Saracen, for old time's sake.

After the pilot, we watched one more. But after that, Simon strongly suggested that we stop. "You will never top that episode," he said. "Let's quit while we're ahead."

"Yeah," I said. "You're probably right."

"What are you doing?"

"I can't stop and I won't stop. Is there a love scene in this damn show between Coach Taylor and Tami?" I asked, as I topped up our wine glasses with Tami Taylor-size pours. "Because that is what I need right now."

What I don't need is Friday Night Lights, the musical. That's right. Scott Porter, the actor who played Jason Street in the television series, will apparently play Coach Taylor in an upcoming production.

**THE SHOW: Friday Night Lights**

**THE MEAL: Leftover pot roast**

"Whenever I read about non-musical stories being turned into musicals," I told Simon as we sipped our wine on the couch, "I think it's got to be a joke, or an SNL skit. I mean, what's next? Rocky, the musical?"

"Uh, Rocky was a musical," he said.

How can people suspend their disbelief long enough and not be cynical seeing football players singing? Like singing actual songs! That simply does not fit into my narrative of good sports movies. I want conflict, underdogs, tears and training sequences, not song and dance, unless it's in the end zone. That predictability is precisely what keeps me coming back to movies like Rocky, Breaking Away and Hoosiers, because it's comforting to know exactly what you're going to get.

Just like pot roast. But what no bookie would've placed odds on was that after our Sunday night pot roast accompanied by some FNL, we'd have leftovers. Actual leftovers! So on Monday night, with more FNL, we warmed up a baguette and topped it with the leftover roast, slivers of red onion and beautiful, bitter dandelion greens fried up in olive oil, garlic and chillies.

Clear eyes, full stomachs, can't lose.

**Jessica Allen** is the digital correspondent on CTV's The Social.

**INTERVIEW**

# Sarah Gadon 'charmed by teen Elizabeth

**Richard Crouse**
For Metro Canada

For many of us Queen Elizabeth is a face on a stamp, someone we see every day on our money. For Sarah Gadon, the Canadian actress who plays H.R.H. in A Royal Night Out, the figurehead is "an icon and it is really always kind of difficult to humanize someone who is embalmed in icon status."

The Dracula Untold star plays the Queen before she took the throne, when she was a 20-year-old headstrong woman known to friends as Lillibet. It's May 8, 1945, VE Day in England, the biggest party London has ever seen and Princess Elizabeth and Princess Margaret (Bel Powley), or P1 and P2 as the princess sisters are called, want in on the action.

**Sarah Gadon, left, and Bel Powley play the princesses Elizabeth and Margaret in A Royal Night Out.** HANDOUT

"For six years we've been cloistered," says Princess Elizabeth. "Like nuns," adds Princess Margaret.

"I fell in love so much with this script," says Gadon. "I was charmed by the story and its portrayal of her at that point in her life. It was this beautiful coming of age story about this woman faced with her future. That is something I really related to. That feeling of when you are growing up and you have all these ideas about the world, all these ideologies you are associated with and then you are confronted with reality and you have to decide for yourself what you want. I thought that was an interesting entry point."

The slick talking Liz manages to convince Mom (Emily Watson as the Queen Mum) and Dad (Rupert Everett as King George) to let them mingle with the real people, listen to the King's victory speech and report back.

Royal Night Out is part royal romcom, part urban adventure, and only loosely based on real events. In truth the princesses went out, accompanied by an entourage of 16 people and were home by curfew.

"Julian Jarrold, the director, was so conscious of what he wanted the tone of this film to be," says Gadon. "We all knew it wasn't a biopic, and none of us wanted to make that film. It is very much a fantasy, very much an adventure chase film. Being more North American in my approach to the part, my tendencies were to indulge the humour and indulge in the slapstick moments. Julian held the reins tight and really captured the reserve of Elizabeth. He really walked that line between going off too far in either direction. The film has very real feelings but a lot of tongue-in-cheek."

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# Now playing

ANIMATION

## The Good Dinosaur

**Director: Peter Sohn**
**Starring: Raymond Ochoa, Jeffrey Wright**

What if the cataclysmic asteroid that forever changed life on Earth actually missed the planet completely and giant dinosaurs never became extinct?

**ROTTEN TOMATOES™ SCORE**
Critics: 81% Audience: 81%

DRAMA

## Trumbo

**Director: Jay Roach**
**Starring: Bryan Cranston, Alan Tudyk**

In 1947, Dalton Trumbo was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. The film recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice under the blacklist.

**ROTTEN TOMATOES™ SCORE**
Critics: 73% Audience: 76%

DRAMA

## Creed

**Director: Ryan Coogler**
**Starring: Sylvester Stallone, Michael B. Jordan**

Adonis Johnson never knew his famous father, world heavy weight champion Apollo Creed, who died before he was born. Still, there's no denying that boxing is in his blood, so Adonis heads to Philadelphia, the site of Apollo Creed's legendary match with Rocky Balboa.

**ROTTEN TOMATOES™ SCORE**
Critics: 92% Audience: 96%

DRAMA

## Victor Frankenstein

**Director: Paul McGuigan**
**Starring: James McAvoy, Daniel Radcliffe**

James McAvoy and Daniel Radcliffe star in a dynamic and thrilling twist on a legendary tale. Radical scientist Victor Frankenstein and his equally brilliant protégé Igor Strausman share a noble vision of aiding humanity.

**ROTTEN TOMATOES™ SCORE**
Critics: 22% Audience: 54%

ART HOUSE

## Legend

**Director: Brian Helgeland**
**Starring: Tom Hardy, Emily Browning**

The true story of the rise and fall of London's most notorious gangsters, Reggie and Ronnie Kray, who captivated the public and lorded over a criminal empire. This classic thriller takes us into the secret history of the 1960s and the extraordinary events that secured the infamy of the Kray Twins.

**ROTTEN TOMATOES™ SCORE**
Critics: 60% Audience: 73%

HORROR

## Krampus

**Director: Michael Dougherty**
**Starring: Toni Collette, Adam Scott**

When his dysfunctional family clashes over the holidays, Max is disillusioned and turns his back on Christmas. Little does he know, this lack of festive spirit has unleashed the wrath of Krampus: a demonic force of ancient evil intent on punishing non-believers.

**ROTTEN TOMATOES™ SCORE**
Critics: NOT YET REVIEWED Audience: +93%


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# Michael Caine reflects on a life in showbiz

PROFILE

## From Youth to old age, actor opens up about career

In Youth, Caine plays a retired classical composer and conductor alongside Paul Dano. CONTRIBUTED

Michael Caine sits down for lunch at the St. Regis Hotel in midtown New York clutching a copy of the day's Daily News given to him by the hotel doorman, who's earmarked a photo of Caine and his Youth co-star Jane Fonda.

"You wonder why I stay here," he chuckles. "I always remember the sort of joke thing in the British paper where the journalist said to the duchess, 'What's the best restaurant in London?' And she said, 'Where you're known, dear.' And I apply that to a lot of what I do."

Caine, 82, is known just about everywhere. Some know him as the star of British classics like Alfie, The Italian Job and Get Carter. Others know him as Batman's butler (and a regular of just about every Christopher Nolan movie). Some might even know him just by the ubiquitous impressions of his indelible cockney accent, like Steve Coogan and Rob Brydon's dueling Michael Caines in The Trip.

In Paolo Sorrentino's Youth, Caine puts a capstone on a career that has travelled from working-class upstart to cinema institution. Like most things in life, he's enjoying it.

Working now and then, Caine lives relatively quietly, focused on his family; he and his wife, Shakira Baksh, are moving from their updated barn outside London, so their 25-minute drive to their grandchildren can be cut down to 5. But he's also soaking up the adulation for his aged classical composer in Youth, which some think could land him his sixth Oscar nomination.

"I've been nominated (for best actor) four times and I have never won," he says, smiling. "I fly for 11 hours to clap another actor and then go home. It's a long way! So I'm not exactly clearing shelves. I've got two Oscars, anyway."

Sorrentino, the Italian director of the Oscar-winning The Great Beauty, wanted Caine for his combination of authority and levity — a description that hits on Caine's unique blend of good cheer and gravitas. Caine first struck Sorrentino in Woody Allen's Hannah and her Sisters: "When I saw that, I thought: I would like to be like Michael Caine in life."

Wouldn't we all. Though Caine doesn't share his character's melancholy or regret he's similarly reflective — a two-time memoirist and an eager, colourful storyteller. "They say I'm a raconteur but what are you going to do?" he said. "There are stories to tell."

THE ASSOCIATED PRESS

**QUOTE**

**"What am I going to do? Sit around and watch soaps on television all day? That's why I never retired."**

Michael Caine

### EARLY DAYS

**On coming to Hollywood**

"The first party I went to in Hollywood, Shirley MacLaine gave to welcome me to Hollywood. The first people to walk in were Gloria Swanson and Frank Sinatra. I was dumbstruck. Then she took me to dinner at Danny Kaye's house. There were only two other people there. One was Cary Grant and the other one was Prince Philip. I'm sitting there. I've been in Hollywood for three weeks. I took Shirley home. She lived in the Valley. As we got near to her home, I said, 'Look! Your house is on fire.' She said, 'Michael, that's steam from the pool.'"

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# The dark side of holiday movies

ROUNDUP

## Black Christmas isn't the only film to trade tinsel for terror

Richard Crouse
For Metro Canada

Without Black Christmas, a groundbreaking 1974 Canadian horror film there might never have been a Jason Voorhees, Freddy Krueger or Michael Myers. These characters owe much to one film made in Toronto, a movie Film Threat magazine calls "the first modern slasher movie."

The film enters its fourth decade this year, a milestone celebrated with the release of Black Christmas, the Season's Grievings Edition in late November. The story of a sorority house terrorized by a murderous stranger has been given the deluxe Blu-ray treatment, packed with a Santa's sleigh of new features. It is one of the great Christmas horror movies, but it isn't the only one.

Here's a look at holiday films without an ounce of tinsel treacle.

### Silent Night, Deadly Night

Originally called Slayride, this movie about a teen who goes on a murderous rampage dressed as Santa after his parents are killed, changed its name for release.

In its first weekend it outgrossed Nightmare on Elm Street, but then parents angry at Santa's portrayal as an axe murderer picketed theatres, and the box office dried up.

The film's final lump of coal was a review from Siskel and Ebert that consisted of reading the credits and saying "Shame" after each name.

### The Nightmare Before Christmas

Imagine if our collective image of Santa Claus had been shaped by Allegory of Gluttony and Lust painter Hieronymus Bosch instead of some nameless commercial artist at Coca-Cola and you'll get an idea of the dark edge of Tim Burton's The Nightmare Before Christmas. The jolly fat man in the red suit is gone, hijacked by a skeleton in a pinstriped suit. The story of the mayor of Halloweentown who kidnaps and impersonates 'Sandy Claws' to bring his own brand of good will to the world is a Disney release but it is one of the rare ones that isn't meant for the entire family.

### Santa Claus

K. Gordon Murray was a film producer best known for snapping up the rights to foreign films, dubbing them into English for American audiences. His best-known pick-up was Santa Claus, a strange Yuletide flick about St. Nick and Merlin doing battle with Lucifer.

Originally produced in Spanish and featuring a Santa Claus who doesn't live at the North Pole, but above it, in a magic castle in outer space, it isn't exactly scary, but may be the weirdest movie on this list.

### Elves

When most people think of Dan Haggerty visions of the gruff but kind-hearted mountain man from the 1970s TV show The Life and Times of Grizzly Adams come to mind. B-movie fans, however, remember him as Mike McGavin, a down-on-his-luck department store Santa who does battle with a bloodthirsty Nazi elf in Elves.

It suffers from cheesy dialogue —"I had a rough day at work... Santa got murdered"— and the fact that a movie called Elves features only one elf, but it's so ho-ho-ho-horrible it's fun to watch.

### Silent Night, Zombie Night

Walking Dead fans might get a charge out of Silent Night, Zombie Night, a Christmas viral outbreak movie so realistic a concerned citizen called the police during filming, citing gang violence.

The LAPD showed up by foot, car and air only to find movie zombies battling with prop weapons. It's not exactly traditional Christmas fare, unless your name is George A. Romero.

### Christmas Evil

Christmas Evil is the best of the Santa as serial killer movies and before you ask, there are quite a few of them. In this one a boy is traumatized after walking in on his parents in flagrante with dad dressed as Santa.

He develops daddy issues and a Santa fixation and one Christmas Eve brings murder home for the holidays. You better pray you're not on this Santa's list.

**The 1974 Canadian made Black Christmas has been touted as the first modern slasher movie.** CONTRIBUTED

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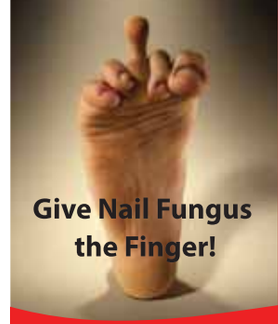


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# Gifts in the palms of all their hands

TECHNOLOGY

## Smartphones offer a little of everything for everyone

**Mike Yawney**

It should come as no surprise Smartphones continue to be a top holiday gift. With powerful processors, incredible cameras, and hundreds of thousands of apps, they are the gift that keeps on giving.

Here are some of the best smartphones of the holiday season.

**iPhone 6s Plus**
**$1,029 and up**

Apple's latest smartphone is unlike any other. With 3D Touch, users can interact with the device in new ways by simply varying the amount pressure applied to the screen. The 12-megapixel camera snaps amazing pictures in a variety of lighting conditions, and users can watch their images come to life with Live Photos, which add movement into every shot you snap. This is also the first iPhone to shoot 4k video (4 times the resolution of HD) with incredible image stabilization.

**Nexus 6P**
**$699**

This flagship Android smartphone features Marshmallow, the latest version of Google's operating system. The beautiful 5.7-inch display is housed in a contoured aluminum body with front facing stereo speakers for top-notch audio. A fingerprint sensor keeps the device secure from prying eyes, while the 12-megapixel camera excels at shooting in environments with less than ideal lighting conditions.

**BlackBerry Priv**
**$899**

The very first BlackBerry to run Google's Android operating system. This unique smartphone focuses on privacy and productivity. An over-sized screen increases productivity, while the sliding physical keyboard makes it easy to type. Since Priv runs Android, Blackberry users will finally have access to hundreds of thousands of apps, something that has been lacking on BlackBerry devices.

**Lumia 950**
**$749**

This first new Windows phone in nearly two years, the Lumia 950 features some high end specs and runs Windows 10 for ultimate productivity. A 20-megapixel camera blurs the lines between point and shoot cameras and smartphones, plus you can also connect your Lumia 950 to the Microsoft Display Dock and use it with an external monitor, keyboard and mouse just like a full-fledged PC.

**Samsung Galaxy S6 Edge+**
**$949**

A smartphone with a truly unique design. The stunning 5.7-inch display wraps around the edges for a one-of-a-kind viewing experience. Not only do games and apps look great, the outer edges provide shortcuts to apps and notifications, even when the phone is facedown.

One of the most useful features however has to be the ability to fully charge the phone in 120 minutes.

**Motorola Moto G**
**$230**

A budget-friendly smartphone with plenty of features. The quad-core processor means blazing fast speed while using apps, or playing games, and you won't have to search for a plug-in as the battery is designed to last an entire day. The phone is also water resistant in up to three feet of water for up to 30 minutes, giving you peace of mind. You can also customize the colour of your phone with a number of unique shells designed by Motorola.

**HTC One A9**
**$649**

This Android smartphone features an edge-to-edge 5-inch high-definition screen, which displays 40 per cent more colour than normal LCD screens. Games and apps not only look good, they sound amazing. Built-in DAC converts 16-bit audio into 24-bit high-resolution sound for added richness and depth, unlike anything you have ever heard before on a smartphone.

1. iPhone 6s Plus, $1,029 and up
2. Nexus 6P, $699
3. BlackBerry Priv, $899
4. Lumia 950, $749
5. Samsung Galaxy S6 Edge+, $949
6. Motorola Moto G, $230
7. HTC One A9, $649

**All prices are based on the purchase of a phone without a contract.**

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# Steer clear of party pitfalls

OFFICE ETIQUETTE

## Have a good time without leaving a bad impression

**Astrid Van Den Broek**

So you know not to drink too much. You know this isn't the time to bust out your best Sweet Caroline on the company stage. You know that you and Chris from accounting shouldn't smooch it up in the corner.

But what etiquette tips are you missing? Here are a few lesser-known ideas on how to behave at this year's company Christmas party.

**Have fun at your holiday party, but don't document every minute of it.** SHUTTERSTOCK

**Tell them you're coming**

"I hear from employers a lot that a certain generation of people do not know how to RSVP or choose not to," says Wendy E. Mencel, an etiquette consultant with the Canadian School of Protocol and Etiquette in London, Ont. "It's a huge issue with employees in their 20s."

Make a point of RSVP'ing to your invitation as soon as possible to help your bosses figure out how many canapés they need to order.

**Do your homework**

Find out what kind of party it is beforehand: a casual gathering at your boss's house? A formal affair at a local restaurant? A beer and wings night at the pub? The location will likely dictate what kind of attire you should plan to wear.

**Check yourself**

OK, you're watching how many glasses of Merlot you're tipping back….but are you keeping track of how many times you've gone back to the chocolate dessert fountain?

"Gorging on food at parties is another concern we hear from employers," says Mencel. "I know of one company who, after your first job interview, they invite you to a cocktail party to see how much you eat, drink and mingle…and then you get the second interview. And this applies to a holiday party. If you spend all your time eating and not mingling, your boss will see it."

**Save the shock and awe**

In a polyamorous relationship? Got a wife who's 30 years older than you? This isn't the time to share it with the rest of the company.

"This can just bring up a whole bunch of questions that aren't appropriate for that day. Parties aren't a good time to share with people something about your personal life that they wouldn't have known," says Mencel.

**Use social media smarts**

Before you post anything on social media, gain the consent of those you've photographed.

"And don't ruin your career by taking pictures of your boss and putting it up," Mencel adds. Also don't tweet your way through the party.

**Don't be a teacher's pet**

Sure it's a good idea to put a face to your name and introduce yourself to the company president. "However it's not the time to talk business or ask for a raise," says Mencel.

HOLIDAY MUSIC

# Rock, croon or swing around the Christmas tree

**Keith Carman**

Holiday-themed albums have always been in vogue. From a fledgling career desperate for a foot in the door to a flailing chart-topper anxious to gain lost ground, everyone knows that belting out a few tracks about the "most wonderful time of the year" can set almost anything straight. Moreover, such efforts tend to warp genre barriers and break down walls.

That said, while the 2015 holiday season does look somewhat light on fresh festive fodder, there are plenty of works available to keep the eggnog flowing. Here are a few timeless classics and unforgettable gems from years gone by, as well as some newer affairs, waiting to find their place in the holiday legacy.

**Elvis Presley**
**Elvis' Christmas album**
**RCA/Victor**

Released at the height of his young career, Elvis' Christmas Album showcases the velvet-voiced crooner's take on Santa Claus Is Back In Town, I'll Be Home For Christmas and of course, Blue Christmas.

**Bing Crosby**
**White Christmas**
**Decca**

The pinnacle of seasonal albums, from it's namesake track (reputedly the best-selling song of all time) through Silent Night and Silver Bells, this 1945 work from "The Old Groaner" is the undisputed Yuletide staple.

**LeAnn Rimes**
**Today Is Christmas**
**Curb Records**

Following up on last year's promise of a holiday trilogy, country icon LeAnn Rimes issues Today Is Christmas, the successor to 2014's One Christmas — Chapter 1. As expected, it's another mash-up of quintessential classics and originals.

**Earth, Wind & Fire**
**The Classic Christmas Album**
**Legacy Recordings**

While reissues generally happen a few years after an album has initially dropped, the popularity of Earth, Wind & Fire's 2014 seasonal offering Holiday was so welcomed, it is being released again this year under the The Classic Christmas Album moniker. Moreover, it's bolstered with an additional five cuts spanning E,W&F's storied legacy.

**Various Artists**
**The Classic Christmas '80s Album**
**Legacy Recordings**

While Christmas albums are all the rage, some artists only end up putting out a song or two. Occasionally, those tunes end up outshining the full-length works of their peers and as this collection of one-offs proves, the '80s were rife with such fun.

A 15-track, all-star affair,The Classic Christmas '80s Album finds Wham! (Last Christmas) And The Bangles (Hazy Shade Of Winter) paired alongside Run-D.M.C. (Christmas In Hollis), Hall & Oates (Jingle Bell Rock), The Pointer Sisters (Santa Claus Is Coming To Town), Bob & Doug McKenzie (Twelve Days Of Christmas), New Kids On The Block (This One's For The Children) and... Fishbone (Slick Nick, You Devil You)? Who could ask for more.

**The Carpenters**
**Christmas Collection**
**Legacy Recordings**

Uniting both Carpenters legendary Christmas albums, Christmas Collection is as awe-inspiring as it is cheery. Thank Karen Carpenter's unforgettable renditions of Ave Maria, Have Yourself A Merry Little Christmas, and more.

**Rockin' Rudolph**
**The Brian Setzer Orchestra**
**Surfdog Records**

Has it really been a decade since original Stray Cat/big beat guru Brian Setzer and his orchestra released a Christmas album? Surprisingly. Upping the ante with Rockin' Rudolph, the crew have a bit of fun with the likes of Yabba-Dabba Yuletide, Rockin' Around The Christmas Tree and 10 more swingin' songs for the season.

**The Misfits**
**Horror Xmas EP**

Punk rock icons more associated with Halloween than Christmas, even The Misfits jumped in to the game with limited edition EP Horror Xmas circa 2013. Uniting a cover of Dr. Seuss' You're A Mean One, Mr. Grinch with an original work and speedy take on Elvis gem Blue Christmas, this is a fun — albeit rare — seasonal treat.

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# Be who you want to be in 2016

RESOLUTIONS

## Honour your values in order to ensure a better lifestyle

**Jennifer Taplin**

**Resolutions shouldn't just be about your physical fitness, but involve a reflection on your life and a commitment to renew yourself, a life coach says.** SHUTTERSTOCK

Do new year's resolutions work? That's up for debate, but either way, January is the perfect time for reflection and renewal.

Jill Korstrom, a West Vancouver life coach, is not a big fan of resolutions.

"I think what I'd offer instead of resolutions is more who do you want to be rather than what do you want to do," she said.

Korstrom suggests figuring out your personal values and set an intention for 2016. For example, maybe your value is exploration and discovery, she said. So evaluate how well you are honouring that value on a scale of one to 10. If it's a two, what would it look like if it was at an eight? Maybe it would mean more ski trips or hikes.

People who make more choices in line with their values are more satisfied, fulfilled, passionate and engaged, Korstrom said.

To keep those intentions going past January, she said it's important to check in frequently and keep reminders: a ring, a sticky note on the bathroom mirror, and a wallpaper picture on a cellphone are all great reminders. Intentions can also shift throughout the year, she added.

Vancouver life coach Alycia Hall is a believer in new year's resolutions if the foundation work, thinking and planning is done.

It's important to take time to quietly reflect on the year, she said. Decide what worked and what didn't, what goals were achieved and which ones fell short.

"Review, and reflect - make that part of your everyday life," Hall said. "You can't change what you don't know and if you don't take the time to reflect you won't know what's really not working."

Identify what's not working and obstacles in the way then decide where you want to be and take small, baby steps to get there, she said.

It's also important to have a contingency plan in case things get derailed, Hall added. People need to remember making mistakes will happen, and that's OK, Hall said.

> **People should be reminded to take the time, think of Plan B, don't be too hard on themselves and remember that resolutions can happen every day. We don't need to wait until Jan 1.**
>
> Vancouver life coach Alycia Hall

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# Finally, a chocolate drink for everyone

The Holiday season is a minefield for people with food sensitivities and allergies. Temptation is everywhere and finding a familiar tasting alternative to the holidays favourite treats can be a fruitless challenge.

For Matt O'Donnell, giving up dairy and gluten also meant he had to give up his favourite winter warmer: Hot Chocolate.

His wife and him would experiment by concocting different variations of sugar and cocoa, but nothing gave him that satisfying and heartwarming feeling of a well balanced cup of hot chocolate.

Fortunately, O'Donnell is the director of operations at Alpha Health Products, which meant he could develop his own hot chocolate for those with similar food sensitivities and Ziggy's Essential Pantry's. Deliciously Dairy Free Organic Creamy Drinking Chocolate was born.

"Everybody here probably drank 50 cups of it, which definitely made it a labour of love for us," said O'Donnell, from his Burnaby office.

Alpha Health Products has been bringing fair trade and organic food options to Vancouverites since 1964, and were the first to import fair trade coconut oil to Canada, buying directly from farmers in the Solomon Islands.

Ziggy's Drinking Chocolate embodies the values of Alpha Health Products and its late founder, Siegfried "Ziggy" Gursche. It is vegan, dairy, gluten free and made from five simple ingredients including fair trade cocoa and coconut blossom sugar, which gives its rich taste with a hint of coconut flavour.

"It tastes like an organic dark chocolate bar, which gives it a sort of grown-up hot chocolate feel," says O'Donnell.

Rich, creamy and smooth, allergies or not, Ziggy's Drinking Chocolate is sure to keep anyone happy and healthy on a cold winter day, and is a perfect stocking stuffer that will make any allergy sufferer happy.

CONTRIBUTED

"Allergies and sensitivities often means that people have to compromise by cheating a little or giving up on taste," says O'Donnell. "What we went for here is something you don't have to compromise on."

You can find Ziggy's Essential Pantry's, Organic Creamy Drinking Chocolate at Urban Fare and a health food store near you.

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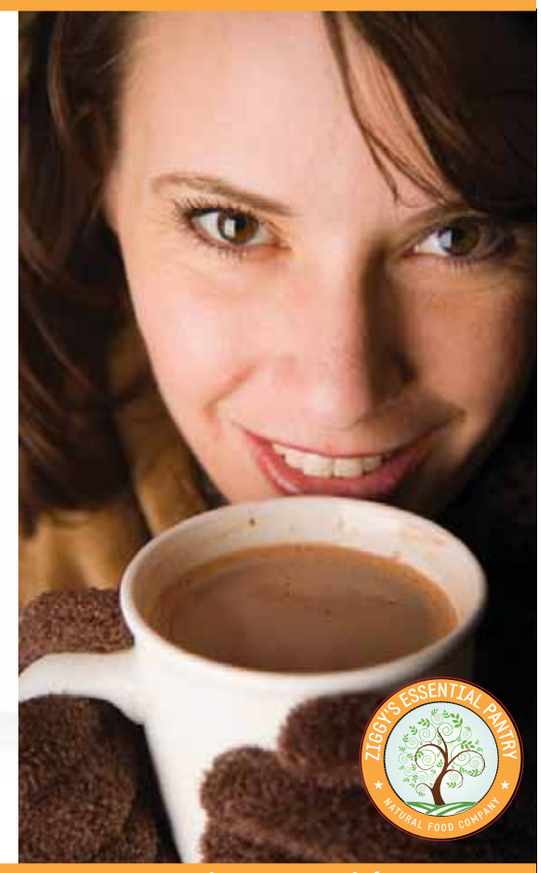


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# Enjoy the season, not the food

LIFESTYLES

## People with diabetes have other things to indulge in

**Jennifer Taplin**

**Managing diabetes during the holidays isn't about denying yourself, but rather eating healthier options and focusing on other things that make the season special.** SHUTTERSTOCK

For people with diabetes, all those holiday treats can throw off even the most well intentioned.

Food is an important part of the season and there is an added emotional attachment to food as we get together with family, says Joanne Lewis with the Canadian Diabetes Association.

"For people with diabetes, they may feel that they have to deprive themselves of the foods they enjoy, which can take away some of the holiday enjoyment," Lewis said. "They may also feel that others are policing them and watching what they choose to eat, telling them 'you can't have that, can you?'"

Lewis' advice is to put less emphasis on food and enjoy all the other things that make the holidays special.

It's also a good idea to bring healthy snacks to a party so there is always something healthy available to eat. Showing up hungry to event with decadent deserts and high-calorie snacks on display is bad news.

"It's also important to keep hydrated," Lewis said. "A holiday drink in moderation can be fine for people whose diabetes is under control, but water is the best choice. Staying hydrated also helps you feel fuller and helps you moderate how much you're eating."

Vancouver registered dietitian and nutrition consultant Jessica Tong said some people feel if they enjoy a few decadent bites their day is ruined and they might as well keep going.

"This mentality may lead to overeating, which prompts compensating by restricting calories later on as self-punishment," she said. "One or two indulgent meals per week does not change the big picture if you are making healthy choices during the rest of the week."

The key is compromise, Tong said. "If you choose to enjoy alcoholic beverages, go easy on the treats and sweets, and vice versa," she said. "Try setting a goal to stick to. For example, limit yourself to one to two drinks per event or choose only a small dessert that can be shared with a friend."

### MISTAKES WILL BE MADE

**Lewis says there are several common mistakes people with diabetes make when it comes to holiday feasting:**

1. Filling up on too many snacks before the meal.
2. Skimping on food all day to enjoy a larger meal can throw off blood sugars and energy levels.
3. Not making time for exercise: Scheduling exercise can help keep off the extra pounds and help cope with holiday stress.
4. Feeling guilty about not sticking to your healthy eating plan. The holidays only come once a year and it's what we do during the whole year that really matters.
5. Drinking alcohol without eating can lead to low blood sugars. When having a drink, have food to go with it
6. Consuming excessive calories in beverages: get calories from food, and drink water or soda water instead.
7. Having a little bit of everything. Instead go for the foods you truly want to enjoy. Skip the rest.

> **"As much as the holidays are about food and indulgence, it is about connecting with family and friends. At each dinner party, catch up with a friend or a relative. Start a competitive game of poker or Monopoly. Avoid hovering over the buffet table the entire time. Once your mind is occupied, it will less likely wander to food.**
>
> Jessica Tong, Vancouver dietitian and nutrition consultant

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# 5 HOT THINGS TO DO IN BARBADOS

This past Monday marked the start of one big, yearlong party in Barbados to celebrate 50 years of independence from Britain — your presence may just be required. Why not start planning your trip now?

**DOUG WALLACE** METRO

**Frying it up at Oistins Bay Gardens.** DOUG WALLACE

## 1 Eat local

The street food trucks and rum-shop takeout counters are crowded with locals and tourists for good reason: They harbour some of the most delicious home cooking you will ever taste. The Oistins fish fry is a Friday-night highlight, with dozens of market stalls sizzling with goodness. And the lineups at Cuz's Fish Stand in the Garrison in Bridgetown are so healthy on weekdays, he takes the weekend off.

**Mount Gay is the world's oldest rum brand.** DOUG WALLACE

## 2 Try the rum

Barbados is by all accounts the birthplace of rum. Mega-distiller Mount Gay dates back to 1703, when it was discovered that the molasses they had been discarding after processing the sugar cane fermented quite nicely. Traditional rum "shops," roadside one-room bars where people gather to watch cricket and play dominos, are scattered throughout Barbados. Don't be afraid to belly up for a rum punch or a Banks beer.

**The beach at Saint Peter's Bay.** CONTRIBUTED

**ONLINE**
Go to visitbarbados.org for more.

## 3 Head to the beach

The west and south coasts offer one beach of finely ground coral sand after another — take your pick. Then take a catamaran cruise, go kayaking or paddle-boarding, or just sit on a lounger and enjoy the million different shades of blue.

There are also dozens of dive sites to sink your mask into, with Barbados Blue at Needham's Point Pebbles Beach being the dive shop of choice — an excellent launching point for shipwrecks in Carlisle Bay.

**Roiling surf at Bathsheba Bay.** DOUG WALLACE

## 4 Catch a wave

The easygoing east side of Barbados is where locals go to relax on the weekend — or surf. A day trip to the rugged Atlantic coastline of Bathsheba will reveal stunning views, plus a few hints of the island's colonial past, particularly if you venture into the Atlantis Hotel, which dates back to the 1880s. Make a pit stop on the patio before taking a hike along the old railway tracks to watch the surfers at the Soup Bowl, a world-famous reef break.

**Watch local and international polo matches.** DOUG WALLACE

## 5 Cheer on the ponies

When the beach gets boring, head to the sports pitch. Cricket isn't the only game in town, either. The popularity of polo in Barbados reaches back to the island's colonial roots, the first match being played in 1884. The Polo Club regulates four playing fields, welcoming international teams in a season that runs from January through May. Prince Charles and Prince Harry have both played polo here many times.

# Panama on the cusp of shining brightly

ON THE MOVE

## A wild rafting tour just one way to see this lively country

Loren Christie
For Metro Canada

On Day 4 of a G Adventures trip to Panama a protest over government infrastructure projects by the local indigenous people forced our group of 15 intrepid travellers off the bus and into the heat for almost two hours.

Happily a nearby store, equipped with basic bathrooms guarded by chickens, sold us some beers to enjoy while we waited it out. The experience was a little uncomfortable but charmingly genuine and typical of what to expect when travelling in Panama, Central America's diamond in the rough.

Boquete offers limited services in terms of restaurants and hotels but is doing an admirable job staking its claim as Panama's adventure capital. Located close to the Costa Rican border, the town is set within a lush mountain valley dotted with coffee plantations and offers travellers a variety of hard and soft experiences from zip-lining and horseback riding to a variety of hikes including an overnight journey up an extinct volcano.

**"UNESCO-protected Casco Viejo is what I suspect Havana will look like in 10 years.**

I took a whitewater rafting tour through some intimidating rapids that saw my 200-pound raft mate swept over the side! While I was definitely thankful for our fearless guide, Tini, I was more thankful to have the river to ourselves; we did not see one other raft during our four-hour excursion.

Our destination on Day 4 was Bocas Del Toro, a collection of beautiful palm tree-covered islands that are mostly populated by surfboard-toting backpackers. The only town of any size, Bocas Town, is mostly made up of hostels and waterfront bars and exudes a laid-back charm. Chatting over morning coffee at The Coffee Shop with owner and self-professed soul surfer Ernesto Velasquez was as much a highlight as spotting baby dolphins and sloths on a boat trip to Coral Cay.

Panama City's UNESCO-protected Casco Viejo is what I suspect Havana will look like in 10 years if the Cuban capital receives the predicted influx of American cash. The formerly derelict colonial buildings in the Panamanian capital are well into the process of being restored to their former grandeur. Many are already home to funky bars, incredible restaurants and shops.

I ate my last dinner at The Fish Market, a pop-up food truck parked in the middle of the crumbling walls and columns of a yet-to-be-reclaimed building. The white wine was terrible, the fish tacos were good, but the energy I felt from a place that is truly on the cusp of shining brightly was infectious.

**The Coffee Shop in Bocas Town on Isla Colon, with owner Ernesto.** PETER REMUS

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# Lights beckon in Lower Manhattan

NEW YORK

## 'Mood ring' museum among new draws in neighbourhood

On a dark December night, a canopy of lights glitters across Lower Manhattan, and not just from One World Trade and the other downtown skyscrapers. The neighbourhood sparkles with new attractions, from the otherworldly glow of the SeaGlass carousel in Battery Park to a colorful, choreographed light show called Luminaries at the Winter Garden.

You'll also find upscale shopping, outdoor art, 22 hotels and many dining options. Here are some details.

**Several globes from the Cool Globes public art installation in Lower Manhattan, with One World Trade in the background.** PHOTOS BY BETH J. HARPAZ/THE ASSOCIATED PRESS

### SeaGlass Carousel

The SeaGlass Carousel is unlike any merry-go-round you've ever ridden. No toothy wooden horses and vintage organ music here. Instead, the glowing, pastel seats are shaped like seashells that spin and weave while a soaring, dreamlike soundtrack plays. The attraction is located in Battery Park at the tip of Lower Manhattan, a short walk from the boats to the Statue of Liberty and Ellis Island. The Staten Island Ferry terminal is nearby as well, with free trips across New York Harbor 24 hours a day.

### Pier A

Not far from the carousel heading west along the waterfront is Pier A Harbor House, a landmark building that dates to 1886. It now houses several dining options, with lovely views of the water on one side and on the other side, the skyscraper canyons of the financial district — increasingly known as FiDi — highlighted by One World Trade. Menus range from fun pub fare to oysters, lobster and other seafood. A plaza surrounding the building entrance is dotted with 12 large, colourful Cool Globes. The globes are a public art installation on view until April, designed to raise awareness about global warming.

**A cheese display at Le District, a French food hall at the World Financial Center.**

### World Financial Center

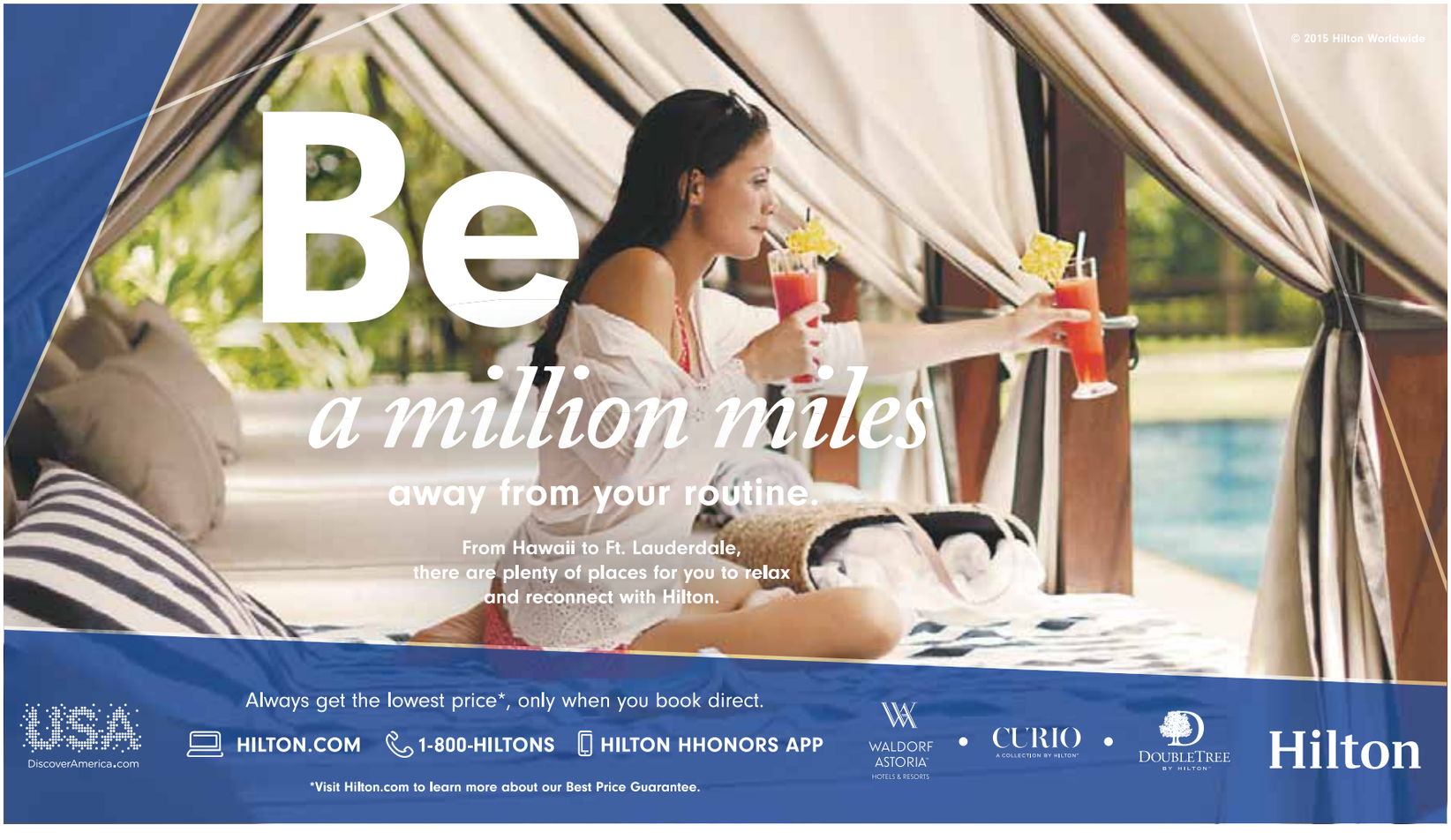
This building just west of One World Trade on the Hudson River offers shopping, food and a respite from the hustle and bustle of the streets outside. Enter at Brookfield Place and check out the upscale retailers, from Gucci and Ferragamo to Diane von Furstenberg and Michael Kors. Then make your way to the Winter Garden, a vaulted glass atrium 10 storeys high. New for the holiday season, through Jan. 10, is Luminaries, a free, colourful, hypnotic light installation that bathes the atrium in a choreographed palette of moody blues, lavenders and other hues from 650 hanging lanterns.

Also onsite is Le District, a French food hall where you'll find crepes, coffee, cheese, sandwiches, fresh produce, flowers and more. And until Dec. 15, just outside Brookfield on the waterfront is a free interactive exhibit called the Museum of Feelings, billed as a "mood ring of the city" that changes colours based on visitors' emotions. Be prepared for long lines to enter the museum.

### One World Trade

A visit to the serene and moving 9/11 Memorial park adjacent to One World Trade is a must for any trip to New York City. Other options for visitors include the 9/11 museum and the tower observatory.

THE ASSOCIATED PRESS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metro SPORTS

Cavaliers guard Kyrie Irving, who broke his left kneecap during Game 2 of the NBA Finals last season, has been fully cleared to practise

**NHL CANUCKS HOPING TO SHOOT STARS DOWN** Dallas Stars' Tyler Seguin, left, and Vancouver Canucks' Ronalds Kenins, of Latvia, collide during the first period of an NHL hockey game in Vancouver, B.C., on Thursday. For the result of this game please go to metronews.ca. DARRYL DYCK/THE CANADIAN PRESS

# Injured Virtanen may miss World Juniors

NHL

## It's still unclear if Canucks will allow rookie forward to go

**Cam Tucker**
Metro | Vancouver

A cross check from Ryan Getzlaf on Monday could put Jake Virtanen's chances of representing Canada at the upcoming World Junior Championships on ice.

It was never a guarantee the Canucks would've released Virtanen to Canada's junior team later this month, although the debate had been ratcheting up for a while now.

The hard-hitting Virtanen has played in 19 games for Vancouver as a 19-year-old rookie forward, scoring once and recording four points, and there is the notion that perhaps going to the annual junior tournament would help him rebuild his confidence.

NHL teams have until Dec. 19 — the league's roster freeze prior to Christmas — to decide whether or not they will release eligible players to their national junior teams.

The Canucks have another player eligible to play for Team Canada in 19-year-old centre Jared McCann, although his play has steadily improved since the start of the season, and up the middle is where Vancouver can't afford to lose another player, with Brandon Sutter out of the lineup four to six weeks following sports hernia surgery.

On Thursday, general manager Jim Benning told TSN 1040 radio that Virtanen suffered a hip pointer on the cross check from Getzlaf in Vancouver's embarrassing loss to Anaheim earlier this week.

According to Benning, Virtanen is week-to-week with the injury. "We're going to see in this next two weeks where we're at as a team, and if he comes back, where he's at in the lineup, where we are injury-wise," Benning told the radio station's midday show prior to Thursday's game against the Dallas Stars at Rogers Arena to begin a four-game home stand.

On Wednesday, Canucks prospect Lukas Jasek was invited to the Czech Republic junior team evaluation camp.

Jake Virtanen
GETTY IMAGES

> **We're going to see in this next two weeks where we're at as a team.**
> Canucks GM Jim Benning on whether to let Virtanen go

MLB

# Jays hire new GM

Just in time for Major League Baseball's annual winter meetings, Blue Jays president Mark Shapiro has hired his new general manager, poaching Ross Atkins from the Cleveland Indians.

The 42-year-old North Carolina native becomes the seventh GM in Jays history, replacing Alex Anthopoulos, who opted to walk away at the end of this past season rather than work with less autonomy under a new boss.

But that should pose no problem for Atkins, Cleveland's vice-president of player personnel, who has spent his entire professional career with the Indians, most of it working under Shapiro.

Atkins was actually drafted by the organization in 1995 as a pitcher out of Wake Forest University. But after five middling seasons in Cleveland's minor-league system, he transitioned into player development. Under the supervision of Shapiro, who was Cleveland's general manager from 2001 to 2010, Atkins climbed the organizational ranks to eventually become head of the farm system, which he ran from 2007 until last season, when he earned his promotion to vice-president.

Atkins, who also interviewed for the L.A. Angels and Philadelphia Phillies GM vacancies this year, is a first-time GM.

While the Indians lost more games than they won and made the playoffs just three times in the 15 years that Shapiro was president or GM, the organization is highly regarded for its development of homegrown players, for which Atkins would have played a key role. The likes of Jason Kipnis, Danny Salazar and this year's runner-up for American League rookie of the year, Francisco Lindor, were all drafted and developed by the organization. TORSTAR NEWS SERVICE

**ON THE MOVE**
**The Blue Jays are in the market for a new backup catcher after free-agent Dioner Navarro reportedly signed a one-year deal with the White Sox on Thursday.**

**Ross Atkins had a hand in drafting and developing the likes of Jason Kipnis and Danny Salazar in Cleveland.**
MICHAEL CHRITTON/AKRON BEACON JOURNAL FILE

## IN BRIEF

**Aoki signs with Mariners 'to win the World Series'**
Nori Aoki expressed only a few words in English during his introduction as the latest addition to the Mariners' off-season makeover.

They were words everyone in Seattle could appreciate, though. "I came to Seattle for the coffee," Aoki said with a chuckle, "and also to win the World Series."

The Mariners finalized a $5.5 million, one-year contract with Aoki on Thursday, including a $6 million conditional option for the 2017 season for the free-agent outfielder.

By landing another one of their off-season targets, the Mariners found their prospective leadoff hitter and a versatile player that general manager Jerry Dipoto expects to see time at all three outfield positions. Aoki will primarily be a left fielder for Seattle. THE ASSOCIATED PRESS

# World Cup qualifying returns to Vancouver

FIFA

## Canada will face Mexico on March 25 at BC Place Stadium

Cam Tucker
Metro | Vancouver

In the end, Canada Soccer never really had the element of surprise in this case. But it's not like soccer fans in this part of the country will mind too much.

The Canadian men's national soccer team will return to Vancouver and BC Place Stadium to play CONCACAF opponent Mexico on March 25 in what will be a critical match, as 2018 FIFA World Cup qualifying continues in the spring.

The two nations face each other again four days later in Mexico in back-to-back showdowns that will go a long way to deciding how close Canada gets to the global carnival in Russia in three years' time.

Last month, Canada defeated Honduras in Vancouver to begin the fourth stage of qualifying within CONCACAF, with high praise coming from the players and coach Benito Floro for the crowd of more than 20,000 people and atmosphere inside BC Place.

**Canadian fans celebrate during last month's victory over Honduras.** DON MACKINNON/GETTY IMAGES

Floro let it slip after the match that he was sure Canada would face Mexico in Vancouver in March, tipping his hand. Thursday's announcement made the writing on the wall official.

"First and foremost, the first game … we got three points. So that always makes it easy to come back when you get three points," Victor Montagliani, president of Canada Soccer, told Metro in a phone interview Thursday.

A win versus Honduras on Nov. 13 and a scoreless draw on the road against El Salvador four days later has given Canada some positive momentum, sitting second in the Group 1 standings, only two points back of Mexico.

> **First and foremost, the first game … we got three points. That always makes it easy to come back here.**
> Victor Montagliani, Canada Soccer president

The top two teams from each of the three groups advance to the final round, and good results against Mexico this spring would greatly improve the Canadians' chances of moving on.

For right now, Canada Soccer is going with a lower-bowl soccer configuration — which seats about 27,500 fans — at BC Place for that match versus Mexico, however, the goal is to perhaps open up the upper bowl, said Montagliani.

At the moment, it's also the plan to go with an open roof, though that could change based on weather conditions and conversations with PavCo, which owns and operates BC Place.

"Our expectation is we will go to the upper bowl and the reality is Mexican fans travel really well," said Montagliani. "It's the goal. But right now, it's only a lower-bowl configuration."

Canada's men haven't qualified for a World Cup in 29 years — its appearance at Mexico '86 was the only time the Canucks have made it all the way to the FIFA finals.

However, there is optimism around the national team of late with Floro guiding Canada up 14 places to 88th in the current world rankings.

The addition of winger Junior Hoilett to the fray has also helped add some much-needed attacking impetus.

## IN BRIEF

**Maple Ridge player named top Canadian in minors**

Outfielder Tyler O'Neill has been awarded the Canadian Baseball Network's Randy Echlin Memorial Award as the top Canadian in the minors in the 2015 season.

O'Neill, from Maple Ridge, B.C., hit 32 home runs with the class-A Bakersfield Blaze in the Seattle Mariners farm system. The 20-year-old also helped Canada win gold at the Pan Am Games.

THE CANADIAN PRESS

**Ray extends his tenure in blue by two years**

The Toronto Argonauts and 36-year-old quarterback Ricky Ray have reached a contract agreement that will keep Ray in Double Blue for two more seasons. Financial terms in the two-year deal were not revealed.

Ray, a 13-year CFL veteran, was set to become a free agent on Feb. 9.

TORSTAR NEWS SERVICE

**Eskimos retain Canadian slotback Watson**

The Edmonton Eskimos avoided free agency with Canadian slotback Cory Watson on Thursday by signing him to a contract extension through the 2017 season. Watson had 42 catches for 319 yards and three TDs last season.

He added two catches for 26 yards last Sunday in the Eskimos' Grey Cup victory over Ottawa.

THE CANADIAN PRESS

NBA

## DeRozan can't save inconsistent Raps

THURSDAY in Toronto

| 106 | 105 |
|---|---|
| NUGGETS | RAPTORS |

The Denver Nuggets spoiled a 34-point performance by DeMar DeRozan on Thursday, handing the Toronto Raptors a 106-105 loss.

Will Barton scored 22 points to top the Nuggets (7-13), while Danilo Gallinari added 21.

Kyle Lowry had 16 points, eight assists and six rebounds for the Raptors (12-8) in their first of six straight home games. Cory Joseph scored 15 points off the bench, while DeMarre Carroll had 10 points and six boards.

The Raptors were hot off a thrilling come-from-behind 96-86 victory over the Hawks in Atlanta the previous night, and Dwane Casey's pre-game message to his team was consistency.

Seems his message didn't entirely get through. Denver led from the opening whistle and had cobbled together an 18-point advantage before halftime. The Nuggets took an 81-71 lead into the fourth quarter in front of an Air Canada Centre capacity crowd of 19,800.

The Raptors stepped up their defence and capitalized on several turnovers and when Joseph scored on a driving layup with 5:24 to play, it pulled Toronto to within two. They never managed to get in front, however, a three-pointer at the buzzer offering little consolation.

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## RECIPE Mini Lamb Burgers

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

Celebrate making it to Friday with delicious burgers with big flavour.

**Ready in**
Prep time: 25 minutes
**Serves 4**

**Ingredients**
- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano
- 1 tsp cumin
- Salt and pepper
- 1/2 English cucumber, seeded and finely chopped
- 1/2 cup Greek yogurt
- 2 tsp lemon juice
- 2 tsp fresh mint, finely chopped
- 1 clove of garlic, minced
- 8 to 10 mini pitas
- Lettuce leaves, washed and torn
- Tomatoes, sliced

**Directions**
**1.** In a large bowl, mix together lamb, onion, parsley and spices and combine well. Cover and place in the fridge.
**2.** In a medium sized bowl, mix cucumber, yogurt, lemon juice, mint, garlic and salt and pepper and stir.
**3.** Take meat out of the fridge and form 8 to 10 small patties. Place them on a clean plate. Heat your grill or pan to medium, medium-high heat and add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 F. Work in batches so you don't over crowd the pan.
**4.** Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of the tzatziki-ish sauce.

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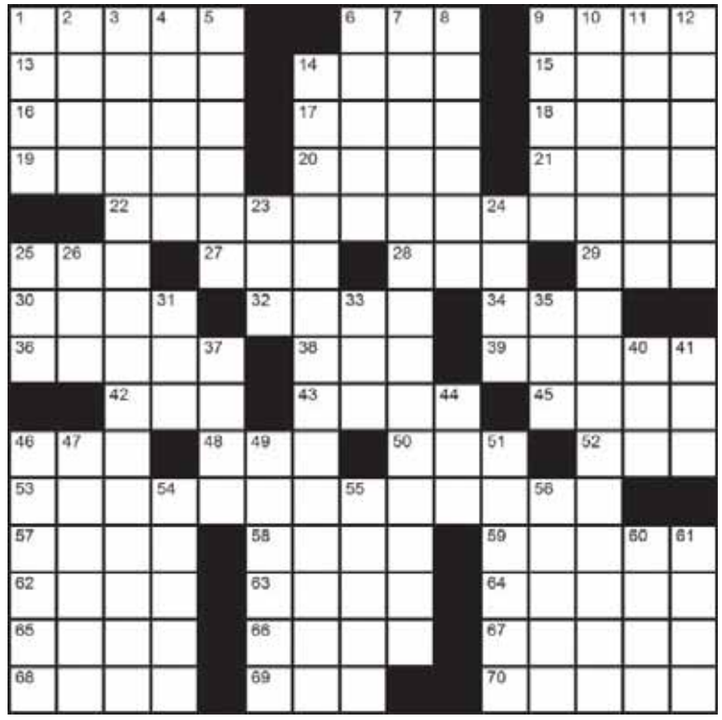
## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Flapjacks flavouring's flavour
6. "I Am Legend" (2007) star ...his initials-sharers
9. Sniffy state
13. Another time
14. Nightclub in a Barry Manilow hit, briefly
15. "Be _ _!" (Help out!)
16. Go-_ (Fun vehicles)
17. Throughout
18. Alphabet sequence
19. Prefix to 'dontist' (Braces giver)
20. Nasty
21. Nero's 651
22. Manager of the same-named band, as per #3-Down: 2 wds.
25. Numerical prefix
27. Moviedom's Melissa
28. Consume
29. '70s records
30. Actress Cheryl
32. Intermission, _'acte
34. Diminutive
36. Pre-university Quebec school
38. WWII soldiers
39. Ms. Spelling's
42. Farm animal
43. 'Opal' suffix
45. Ms. Campbell
46. Clod
48. Moulder
50. "Papa-_-Mow-Mow"
52. No. to call
53. Invading naval fleet defeated by England in 1588: 2 wds.
57. Bloody prefix
58. Violinist, Hilary _
59. Blown snow formation
62. Botanical leaf-to-stem angle
63. Fencer's need
64. One distributing things, say
65. Sound
66. On _ _ with (Equal to)
67. Christmas poem bit: "...not _ _ mouse."
68. "...so long _ _ both shall live?"
69. Director Mr. Pollack, briefly
70. Not like The Fonz

**DOWN**
1. Shark variety
2. Food thickener
3. 1970s music-themed sitcom, with The: 2 wds.
4. Willowy
5. Spiritualize
6. Fabricated on a loom
7. Canada's legendary opinion-giving video booth: 2 wds.
8. Ontario city on Lake Huron where #51-Down was born
9. _ _ (The first letter of Calgary, compared to the first letter of Celine)
10. Holt Renfrew, for example: 2 wds.
11. Boxer's injury: 2 wds.
12. Liquids
14. Theme song for #3-Down: 4 wds.
23. Hive denizen
24. Food package abbr.: 2 wds.
25. "Say Yes to the Dress" network
26. 'After It All': Current album by folk rock group Delta _
31. Lawn's morning blanket
33. Christmas-y contraction
35. Geological period
37. Prefix to 'scope'
40. 'Excess' suffix
41. _ et poivre
44. Last day in December, e.g.
46. City on Lake Ontario east of Toronto
47. Highest points
49. Milo of "Romeo and Juliet" (1968), and surnamesakes
51. Dave _ (Canadian-born actor who portrayed #22-Across)
54. _ prosequi (Not proceeding, in law)
55. Onward
56. Took the car
60. Deflect/protect
61. Restaurant order holder

## IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
You may have suspicions about someone's motives but don't go public with them. Even if you're right it will look like you are being vindictive. Your reputation could suffer most.

**Taurus** April 21 - May 21
Be careful with cash because you could easily make a costly mistake. What seems like a good idea now may turn out to be anything but later on, so err on the side of caution.

**Gemini** May 22 - June 21
No matter how well intentioned your words may be others are sure to take them the wrong way, so be careful what you say. Tomorrow everything will be back to normal and everyone will be on your side again.

**Cancer** June 22 - July 23
You may struggle to stay on top of your workload but the deadlines you've set are unnecessary — no one will think less of you if you fail to meet them.

**Leo** July 24 - Aug. 23
Creatively and romantically there is potential but today's Mercury-Jupiter link could tempt you to go too far. Don't start anything you may not be able to finish and don't make promises you may not be able to keep.

**Virgo** Aug. 24 - Sept. 23
Disruption is inevitable today. Whatever happens, keep telling yourself that it's not as bad as it seems and keep your emotions in check. It's not worth getting worked up about.

**Libra** Sept. 24 - Oct. 23
Don't make hasty decisions, especially if you like to make social and travel plans on the spur of the moment. What seems like such a good idea now may seem very different by this time tomorrow.

**Scorpio** Oct. 24 - Nov. 22
You may feel out of your depth and you may be tempted to give up but if you do you will regret it in a matter of days. Hang in there.

**Sagittarius** Nov. 23 - Dec. 21
You may be rather emotional, even if you are the kind of Sagittarius who usually treats life as one big joke. Once in a while though it is good to let it all out, so make a noise if you have to. You will feel better for it.

**Capricorn** Dec. 22 - Jan. 20
You may not be the type to make changes once you've made up your mind about something but you may not have a choice today. You are not in control of events — events are in control of you.

**Aquarius** Jan. 21 - Feb. 19
Usually you don't care if others disapprove of what you're doing but if you're smart you'll make an effort to care. No matter how self-reliant — make an effort to work with others.

**Pisces** Feb. 20 - March 20
You may not be able to control what happens but you can control the way you react. The more others try to mess with you the more you must strive to stay serene.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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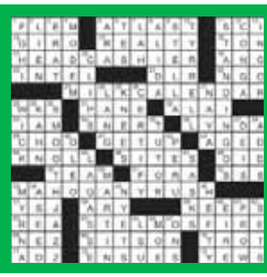

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| 2 | 3 | 1 | 4 | 6 | 7 | 5 | 9 | 8 |
| 9 | 6 | 5 | 3 | 2 | 8 | 7 | 1 | 4 |
| 7 | 4 | 8 | 5 | 9 | 1 | 6 | 3 | 2 |
| 5 | 9 | 6 | 7 | 8 | 3 | 2 | 4 | 1 |
| 3 | 8 | 2 | 6 | 1 | 4 | 9 | 5 | 7 |
| 4 | 1 | 7 | 2 | 5 | 9 | 8 | 6 | 3 |
| 8 | 7 | 3 | 9 | 4 | 6 | 1 | 2 | 5 |
| 1 | 2 | 9 | 8 | 3 | 5 | 4 | 7 | 6 |
| 6 | 5 | 4 | 1 | 7 | 2 | 3 | 8 | 9 |

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